

UNE Expands Its Property

BY DANIELLE CROPLEY
Nor'easter Staff

UNE is an ever-changing institution whose dual-campus properties are ever-growing. As evidence of this property growth, the Biddeford campus purchased a 1.6 acre property next to the Welcome Cottage on Hills Beach Road, as of September 2010. According to Bill Bola, Vice President for Campus Services, the motivation to purchase this property is two-fold. On one hand, UNE is always looking for good opportunities to support the growth of its campuses and on the other, it is a Buyer's market in today's real-estate business, and since the opportunity presented itself, Bola and his team took advantage of said prospect.

Even though the motivations behind the purchase are solid, the current use of this newly acquired land and cottage is not yet determined. Bola says that he and his team are trying to find the best plan to execute in terms of what

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Citizenship student working in Brazil.

HOLLY HAYWOOD, NOR'EASTER CONTRIBUTOR

Citizenship Class Offered in Brazil

BY KATELYN KAULBACK
Nor'easter Staff

Last year, a group of twelve students traveled to Natal, Brazil for a ten day Citizenship Seminar. After taking classes in basic Portuguese and Brazilian history, the students participated in multiple service projects around Brazil, includ-

ing the communities of Cidade Esperansa, Bom Pasteur, and Currais Novos. The nuns of the Saint Joseph convent in Biddeford have a mission located in Natal, which is where the UNE students spent their first service day. Some of the projects included: painting houses in poor neighborhoods, working with community-based or-

ganizations, and playing with local children. The last days of the trip consisted of relaxing in the seaside town of Ponta Negra.

Due to the success of last year's program, the Center for International Education is offering the Citizenship class again this summer. The Citizenship Seminar course is the

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Follow up on Harold Alfond Athletics Complex

BY DANIELLE CROPLEY
Nor'easter Staff

As of June 2011, the Harold Alfond Athletics Complex will be breaking ground at UNE. As proposed on December 10, 2010, UNE has plans to build, maintain, and use this new field house to reach all areas of campus including academic, intercollegiate, recreational, athletic, and various other needs. The status of this project is moving very quickly, says Bill Bola, Vice President of Campus Services; however, there is still a long way to go.

To recap on the events leading up to the plans for the Alfond Complex, a donation was made in the amount of \$7 million by the Harold Alfond Foundation, which is to be matched (dollar for dollar) by UNE in approximately 20 months, according to Harley Knowles, Vice President of Institutional Advancement. Knowles

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World News

BY KATELYN KAULBACK
Nor'easter Staff

Israel Joining Sanction Against Iran

The Israeli government has decided that they will join the United States and Europe in joining international sanctions against Iran. This will ban all trade between Iran and Israel. Even though Israeli foreign ministry spokesman Yigal Palmor stated that there is no actual trading between the two countries occurring, there was nothing that specifically banned it either. This ban comes after rumors of Iran exporting nuclear warheads to Syria. While this sanction is just a formality, it is proving the point that something needs to be done to take action against Iran's nuclear war program. (www.cnn.com, accessed March 3)

Please see *WORLD*, page 5.

Tunisia to Hold Elections

The interim president of Tunisia, Fouad Mebazza, has announced that elections will be held for a council of representatives to rewrite the constitution. These elections will be held on July 24th. This council would have the ability to either appoint a new government, or ask Mebazza to continue his presidency until the scheduled elections in the fall. Protests are still occurring in the country because the people are arguing that nothing has changed since Ben Ali was overthrown on January 14th of this year. (www.bbc.co.uk, accessed March 3)

Earthquake Hits New Zealand

On February 22nd, a 6.3 magnitude earthquake struck the southeast city of Christchurch in New Zealand. The current death toll is 163, and officials have

NURDS Conference Held at UNE



EMILY UZAR, NOR'EASTER NEWS

UNE Student, Vernon Chan, with his research poster from the NURDS Conference

BY KAYLA SMITH
Nor'easter Staff

On March 5th and 6th, over 200 undergraduate students from many universities in the New England region and Maritime Canada gathered on the UNE campus to present their research at the 3rd annual Northeast Undergraduate Research Develop-

ment Symposium (NURDS). This conference included 19 students from UNE presenting and was funded by a grant from the National Science Foundation (NSF). Markus Frederick, UNE Associate Professor in Marine Sciences, is the faculty member who served in an advisory fashion. This conference is the only regional science symposium in New England

that features undergraduate research. In its past two years, NURDS has attracted more than 200 undergraduate students from 39 different universities as far as Puerto Rico, California, and Nova Scotia. Students from a variety of disciplines present topics that cover a broad range of sciences including marine biology, physics, ecology, molecular biology, medical

Please see *NURDS*, page 2.



Recent Survey Initiative

BY CONSTANCE GLYNN
Nor'easter Staff

Over the past couple of years, UNE's administration has been taking an aggressive 360 degree approach in identifying student's needs and wants. This has been accomplished through multiple assessments and surveys. These programs aim at assessing student experiences and better understanding why some students stay at UNE while others leave.

One of the first surveys students take once accepted to UNE is the College Student Inventory (CSI) which is part of the NOEL program. This survey is completed the summer prior to the student's first semester and it is meant to target those students who may be at risk academically, socially, or emotionally. These students may be assigned a mentor for their first year of school, which has thus far proved to be very helpful.

Once in attendance at UNE, first-year students complete the MapWorks survey in the fall. MapWorks is an interactive assessment tool and determines elements such as level of confidence, concerns, and so on. The results display where some students are feeling vulnerable in relation to aspects such as finances, academics, and career path, and the findings allow the administrators to reach out and present different

resources to help struggling students.

The connections program began very recently and is another program developed by student affairs with the hope to enhance involvement and enjoyment. This program is completely voluntary and students sign up for it in their first year. Through this program, you are assigned a mentor and participate in different activities including tubing, indoor skydiving, paintball, and movie trips. Ultimately, the goal is to help with the transition from being at home to living at UNE. It also aims at creating a strong 1-on-1 relationship with a mentor who works with the student academically and socially while at the same time developing a group identity with others in the program. Students who were involved in this program last year found it to be extremely enjoyable and have thus taken on leadership roles in staying involved with the first-years who are currently enrolled in the program.

One survey that is distributed to everybody is another NOEL program; the Noel Letvetz Student Satisfaction survey. Traditional undergraduates, adult learners, and people taking courses online all have the chance to complete this assessment. The results evaluate the student's pros and cons of the university and al-

lows for systematically assessing what people are unhappy about and for highlighting the areas where the university needs improvement.

Lastly, the National Survey of Student Engagement (NSSE) is taken by all undergraduate students. This survey is first completed in one's first semester at UNE and then again at the beginning of the senior year. NSSE points out how students are engaged while on campus and the results show whether involvement levels increase or decrease between a student's first and fourth year. This data is even compared to national data, and it allows the different campus services to see where students need or want more activity. For example, a couple of years ago the numbers showed a very low score in the number of students who met someone of a different race/ethnicity while on campus. Recognizing this, UNE addressed the issue and has expanded the Multicultural Services, and recent results from this year's graduating class show that levels of engagement between said students has gone up. This is one of the many examples of how UNE is addressing student's needs. This survey initiative is allowing the university to systematically listen to the students and create better experiences for everyone.

BRAZIL

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fourth year theme of the university's core requirements. This class option allows students to participate in a ten day study abroad program. This is a great opportunity for students who cannot afford a full semester abroad, or cannot give the time commit of a full semester. The trip will be led again this year by Dr. Paul Burlin, Professor of History. He has over fifteen years of experience with Brazil, and has previously taught there and is fluent in Portuguese. Holly Haywood, Senior Multimedia Specialist, is filming and documenting the trip again as well.

The program is a partnership between with the Universidade Federal do Rio Grande do Norte and the Natal chapter of the Partner of the Americas. The course begins on May 23rd, and runs until June 1st, but there will be two class meetings during the few weeks prior to departure. The class will again travel to Napal, Brazil, where they will take classes at the Federal University of Rio Grande de Norte. The trip

itinerary will be very similar to last year's trip.

The cost of the trip is \$2,375, which includes round trip airfare from Boston to Natal, transportation within Brazil, one meal per day, tours of different cities, classes at the university, and two classes before the trip. Students will also be charged the summer tuition rate for one credit. It is suggested that students also budget \$350 dollars for additional meals and for personal spending. A passport and visa are required for the trip, and are not included in this cost.

Typically, the Citizenship Seminar is taken by seniors, but all classes are encouraged to apply for this program. Space is limited, so pick up an application in the International Education Office as soon as possible. Small scholarships are also available to help defer the cost. For more information on this program and other study abroad opportunities, contact Trisha Mason or Sandra Larned in the International Education Office, or visit <http://www.une.edu/international/abroad/ug/world.cfm>.

EXPANSION

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to use this property for. Right now, there is an existing 2,220 square foot structure on the property, which is also under consideration at this time. Ideas presented thus far, are using this property not only to expand UNE's water front access, but also as a possible site of entertainment space, temporary academic housing, or a recreational dock or pier. However, it is not just Bola and his team that are responsible for this plan; they are simply the first part.

Once Bola and his team have set up their "strategic plan to maximize UNE's holdings and space available for student use" the terms and conditions surrounding their plan goes on to be reviewed

by committees, including Facilities all the way up to President Ripich. Either way, the land that now belongs to UNE will be one full of possible opportunities, such as more frontage of the Saco River, which can only continue to expand from this point on.

Bola said, "We have a strategic land acquisition plan where we're always looking for the right land at the right time to meet the progressive programming needs of UNE." With that said, Bola wants it to be known that students can look for finalized decisions by May, and implementation of said plans by next academic year. Bola knows it is important to constantly be aware of UNE's needs, and this property purchase is just one way to support that growth.

Organizing Committee - (Listed in Alphabetical Order)

Karson Coutre
Daniel Crear
Joshua Dutton
Barbara Fortier
Markus Frederick, Ph.D.
Jennifer Harris
Gale Loescher
Chelsea Martin
Stephanie Podolski
Ellen Shores
Travis Smith
Casey Toombs
Megan Wood

For a preliminary program and more information please visit the website: <http://nurds.une.edu>

NURDS

CONTINUED FROM PAGE 1

biology, geology, evolution, botany, environmental sciences/sustainability, health sciences, biotech instrumentation, chemistry, animal behavior, neuroscience, and oceanography.

At a conference like NURDS, undergraduate researchers are able to present their results and newest findings with peers and other faculty mentors. This NSF-supported conference promotes "scientific exploration through peer collaboration."

Organized and run by a committee of undergraduate and graduate students, NURDS provides a comfortable environment for undergraduate students to present independent projects, honors theses, or senior theses. Student research presentations include oral, poster, or "data blitz" sessions before an audience of peers. The poster sessions offered on each day of the conference are a great place to see what others are so excited to be researching and an opportunity to converse and make connections with fellow students. Since a majority of attendees plan to go to graduate school, the conference entails future presentations at larger conferences, and NURDS is a great forum for practice.

During this year's conference, students also have the opportunity to attend workshops organized by UNE students and faculty designed to provide attendees a first-hand



EMILY UZAR, NOR'EASTER NEWS

Student NURDS Conference attendee answers questions about their research.

experience in various fields of life science research. The workshops provided this year consisted of topics on coastal ocean observing systems, remote sensing for oceanographic applications local intertidal fauna, seal necropsy, atomic force microscopy, and astronomy. These workshops intended to give conference attendees who participate time to relax, have fun, and in some cases get their hands dirty.

The NURDS 2011 conference acts as a rare opportunity for undergraduate students to receive valuable feedback and network with peers and faculty from multiple universities. Also, it was a great learning experi-

ence for UNE students interested in becoming involved in undergraduate research themselves, or who would like to attend graduate school in these disciplines. This symposium was held on the 2nd and 3rd floors of Alford along with the Campus Center MPRs. The keynote address was given by Dr. Jeffrey M. Osborn, Dean of the School of Science and Professor of Biology at The College of New Jersey, and Past-President of the Council on Undergraduate Research (CUR) on Saturday March 4th at 3:15 pm in the Campus Center.

Students Petition for an Indoor Track

BY ALEX RUBIN
Nor'easter Staff

Breaking ground for the Harold Alfond Athletic Complex is set to start in June of this year, but certain students are hoping that the plans are not yet set in stone.

Currently the building has plans for athletic and recreational facilities, food, office space, classrooms, and parking. Many students also thought there was a track going in, however, this concept is false. There are no current plans for an indoor track to be built inside the new complex. When this was brought to the attention of a few students, they decided to take action and let their voice be heard.

A petition is currently in progress for an indoor track to be included for the plans in the new field house being built on campus. The idea for the petition was thought up by a group of students from the men's and women's cross country team. They are not the only people who are interested in this addition however, "we had the thoughts of the community, faculty, staff, and other students in mind when proposing this," says team member, Kimberly Hentz. Once the petition was started, it was clear that more

than just this group of individuals was in favor of a track to be put in.

Since the new facility is supposed to be a sports/activities complex, and is taking place of the current fitness center, it would be a great idea to have an indoor track in the building as well. The space would not only benefit all the sports teams, but anyone on campus interested in keeping up with their physical fitness. The track could also be used by faculty and staff, as well as rented out to community members and even high school teams in the area. It would also open up opportunities for additional intramural, club, and varsity sports, including the possibility for a track team in the future. It could also be beneficial to the health majors and professions on campus.

Some students are worried that their tuition may increase or that they will have to pay for it in some way, however, as said before, "Students should not expect any fee, rate, or tuition increases, because this is a structure that will improve the campus and more importantly the student population." With over 700 signatures on the first day from members of the UNE community including staff, faculty and students, it is apparent that there is an

overwhelming amount of people in favor for this addition. There would be no negative impact to anyone because the university already has plans for the costs, and the overall benefit to the UNE and surrounding communities is priceless.

The current indoor track in the campus center is simply not big enough to provide a safe, comfortable running environment for the number of students using it on a daily basis. Being in Maine in the wintertime makes it difficult for people to get outside and run or walk not only because of the cold weather, snow, and ice, but also the limited road availability. Local authorities have even had a problem with runners using the road because they were considered an obstruction to traffic. Providing a larger, more suitable, indoor track would allow everyone to have a safe and accommodating running environment.

The future of the track lies in your hands. Keep a lookout for USG meetings, petition signings, and other information sessions or events concerning the possibility of an indoor track being added to the Harold Alfond Athletic Complex.

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Two Year Projection: Portland Campus



The Portland Campus.

COURTESY OF UNE COMMUNICATIONS

BY ALYSSA FASTNACHT
Nor'easter Staff

As the University of New England's Biddeford Campus has been experiencing rapid growth in front of our eyes, for the next two years and beyond, the Portland Campus will be doing just the same. Where the Biddeford Campus has grown in size, Portland is growing in its own integrity and personality.

The College of Dental Medicine is expecting its pioneer class of 40 students in the fall of 2012. The school is looking into a number of ways to offset the cost of renovations and equipment for the simulation labs on the Portland Campus, including looking for donors to name a "head" after themselves to be used in the labs. The heads will be models for the dental students to practice on.

In addition to the Dental School, the University will be introducing an accelerated 17-month BSM Nursing program starting in December of this year. This program is open to students with Bachelor's degrees in any field of study. The first class will have 18 spots available, but is expected to grow rapidly according to Dean for Enrollment Management, Karen Lucas.

Besides the two new programs, there are a few existing ones that are also growing, specifically the Social Work and Physician Assistant programs. Beyond traditional classes, the online population has also grown immensely. In order to accommodate for the increase of online students, UNE has hired a number of people to be resources for those students who are not on campus every day, and to help build the online student community.

Whether students are in grad-

uate or professional programs, the increase in numbers will provide great opportunities for working in an interdisciplinary atmosphere. Graduates will leave UNE having already experienced working with professionals outside of their own scope of study and, therefore, be more well-rounded and marketable to future employers.

With this growth, the campus has been looking for unused areas to repurpose as classroom and student space. As the campus population is estimated to increase by 20% in the next two years, the extra room is necessary to accommodate for all of the students.

For example, Goddard Hall is being arranged in order to make room for two classrooms to hold 40 students each, and Alumni Hall is also being renovated to be converted to more useful space. Special care is also being taken to maintain the historical integrity of all the buildings being worked on.

Lucas also spoke about the University's interest in looking into purchasing real estate in the Stevens Avenue area in order to expand the campus. A few possible locations have been talked about in the past, but there are no definite plans as of yet. However, with the drastic changes in demographics on the Portland Campus, it wouldn't be surprising if they decided to move forward with a purchase.

Where many schools have been looking for areas to cut back on, UNE has had incredible growth opportunities over the past few years and it doesn't look like it will be stopping soon as the Portland Campus is really coming into its own. Both Lucas and Joanne Toone, Director of Integrated Marketing Strategies, added that the

University is spending a lot of its time focusing on finding out what the needs of the population are.

Whether it's a new style of dining for a primarily commuter school where students can grab lunch and dinner on the go or converting residence halls that may not be needed in the future to more functional office or classroom space, the Portland Campus is really creating an identity for itself, and will continue to sculpt itself over the next couple of years.

An Increase in Students Brings an Increase in Learning Assistance Services

BY KYLIE GALLIANI
Nor'easter Staff

As both the Biddeford and Portland campuses continue to expand, the number of students continues to grow as well. As the student population increases, the student services should additionally increase in order to meet the greater needs of the students. One way the University has responded to this growth is by making adjustments in the Learning Assistance Staff.

The 2010-2011 academic year has brought in more staff members available to help students, as well as more times in the Learning Assistance Center. After evaluations of the previous year in the learning assistance department were made, the University received an allocation for an increased tutoring budget for both campuses. On the Biddeford campus, staff members focusing on science majors and students in the Pre-Pharmacy program have been added in response to the influx of students in those fields. The staff is able to aid students in areas of difficulty such as chemistry and physics, both required courses for some of the most abundant majors on campus. More times of availability have also been provided with the purpose of offering further opportunities for busy students.

On the Portland campus, three staff members were added

to work both on campus and online to reach a broader selection of students. The University researched further into available technology, and began using them in terms of learning assistance. For example, the staff can now support students not only with direct service and tutoring, but also with online tutorials and even video-chat via Skype. By utilizing these services, a greater amount of students have access to assistance with their work—even when not on campus.

The past year has definitely been a year of growth and expansion on both campuses, and that growth will continue in the years ahead. The University evaluates its resources and services each year in order to assure the students' academic needs are met. The Learning Assistance Staff plays a large role in this process by working alongside students to discover the most abundant areas of difficulty and making adjustments accordingly. Not only are the staff and the peer tutors focused on helping students through areas of weakness, but they are also available to further strengthen present academic skills. The University is aware of growing student needs, and intends to continue providing as much academic assistance in the Learning Assistance Centers in both Biddeford and Portland as the campuses grow.

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Biddeford Police Blotter

03/01/11

-Caller reports that while he was out someone ripped the door off his basement. Caller reports that it appears no theft has occurred.

-Caller reporting that his wife, whom he is separated from, stole his credit card number and used it to buy insurance.

-Caller (Wal-Mart employee) states they had an unruly customer in the store who wanted to return a phone that they could not take back. Customer was very disgruntled. She yelled at other customers as she was leaving, telling them to not shop there. She left in a silver van via the Mountain Road exit. They would like her warned not to return.

-Caller reporting his vehicle was just side-swiped by a pickup near Mulligans. Suspect's vehicle left the

scene, black full-size pickup, turned right onto Main Street from Lincoln Street. Caller attempted to follow, but lost sight of it and is currently at Hoglands.

-Caller reporting that they believe that a house is vacant, but there is someone going through the house with a flashlight currently. There is a white truck in the driveway.

03/02/11

-Caller reports concern about a male subject standing near their door wearing a ski mask. He is also wearing a light colored puffy jacket. He has been getting in and out of a black Chevrolet Blazer for the last 30 minutes and keeps pulling his ski mask on and off.

-Caller reporting a suspicious male and truck that keeps coming to the area,

male was reportedly looking into his mother's garage windows. Caller advised he keeps coming back to the area and this has been going on for weeks.

-Caller reports her neighbor's vehicle is blocking her vehicle in. Caller states this is an ongoing issue.

03/03/11

-Caller (7-Eleven employee) states they have a 11 year old female in custody for shoplifting.

-Caller requesting to speak to an officer in reference to suspicious subjects going around in the neighborhood stating they are with, and employees of, Time Warner.

-Caller (Hannaford Employee) reports older female customer who appears to be publicly intoxicated. She is wearing flip flops

and tried to steal an electric cart. Now she is inside eating, she appears to be disoriented.

-Female caller received information on Facebook about a fight that is going to happen at the high school. One subject also commented about someone dying.

-Caller reporting that she feels threatened. There is a woman outside of her door hitting it with a baseball bat. The bat could be heard in the background.

-Caller reporting he was involved in a fight with the neighbor and it was over a ride and money.

03/04/11

-Caller reporting that her mother was assaulted by a bartender at Homer's. Her mother has a bruise on her chin and is bleeding from the nose. Caller advised

that the bartender, Melissa (unknown last name), waited until everyone left and then punched her in the face.

-Caller reporting a younger male dressed in winter clothing hitchhiking. The caller states he was half way between in town and UNE. 911 mapping was showing him in the area of Pool and Decary. Upon further officer inspection, it was determined that the hitchhiker was a ten year old boy who just ran away from home. Officer is returning boy to his residence.

-UNE Security calling to advise that they have drug paraphernalia to turn over. Drug paraphernalia was taken from Padua Hall.

FOLLOW UP

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says that it was his responsibility to solicit the foundation with the proposal for the complex (which had been in the works through President Ripich) about one year ago. At this point in time, Knowles is working with the foundation to keep them updated on the progress of UNE reaching the match goal and he is optimistic that this goal will be met due to the generous gifts provided to the university through grants, scholarships, and other fundraising.

As far as the construction aspects of the complex, Bola and his team have secured many facets thus far. Currently, both an

architect and contractor have been selected for the project; Sasaki of Burlington, MA will be the architects and Wright-Ryan of Portland, ME will contract the complex (both previously worked together to build a similar structure at Plymouth State University). The 106,500 square foot project is set to cost approximately \$20 million to complete and building will begin in June (after the proper permits have been acquired), with doors planning to be opened to students as of fall 2012.

Within the complex, there are plans to have "exciting new facilities," says Bola, which will free up the Campus Center and allow intramural activities and the

60+ clubs to use the space more conveniently. Aside from the athletic and recreational facilities planned, the complex is also set to have food (that will be set up similarly to the Alford Café so that students can use their meal plan), office space, class rooms, and additional parking. This growth, however, is not the product of more students coming in; it is an effort to support the current and future growth of UNE. Students should not expect any fee, rate, or tuition increases, because this is a structure that will improve the campus, and, more importantly, the lives of the students.

In terms of the environmental factors, Bola says the initial evaluation and collection of per-

mits took into account the effects on the environment greatly. To offset the new structure, Bola said there are 180 acres of wetland preserved by Saco River Valley Land Trust, in which the Environmental Studies students will possibly oversee. Also, future projects in the works for both campuses, at least for the Biddeford Campus, are set to begin once the complex is complete. At this point in time, Bola says, it is about "versatility, sustainability, and bringing a community together" by means of support for the Harold Alford Athletics Complex.

All in all, both Bola and Knowles are extremely excited and anticipate the day that the doors to the complex open. Bola

said he is "grateful for the support and opportunities to oversee such a diverse and much-needed project for UNE." Knowles added that his thrill will be when "the doors open and the place is full of students playing basketball, skating, practicing, spending time in the fitness room; just overall, enjoying and appreciating the facility the way it was intended to be." For additional information about raising support for the Harold Alford Athletics Complex, contact the Advancement Office because, in the words of Knowles, "it is wonderful when UNE welcomes an opportunity that is then supported by students, faculty, and staff alike."

WORLD

CONTINUED FROM PAGE 1

called for an end to search and rescue operations, stating that no one else would be pulled out alive from the rubble. When the city is finally cleared and all of the bodies are recovered, this number is expected to be around 240 people. Many of these fatalities include foreign students, as a six-story school building where English was taught collapsed during the quake. This marks New Zealand's second worst natural disaster in its history, with the 1931 earthquake in Napier claiming 253 lives. (www.msnbc.com, accessed March 3)

Four Billion Dollars Ineffective for Pakistan

Since 2009, the United States

has given nearly 4 billion dollars to Pakistan to help them give their citizens basic needs, such as electricity, health care, and education. However, the country has failed to improve since receiving the money. Since there are no measurable improvements to the country, it is expected that the money is just being placed in the pockets of politicians, rather than going to the poor, as intended. (www.npr.org, accessed March 3)

Ongoing Protests in North Africa

Political protests have been brewing in countries in North Africa since January, starting with Tunisia. The protests have turned deadly, especially in Libya. For up to date information on the unrest in North Africa, tune in to a major world news source.

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FEATURES

UNE Enrolls in RecycleMania, an Intercollegiate Waste Reduction Competition



UNE's recycling program has proved successful.

SAVANNA FORD, NOR'EASTER NEWS

**BY LAUREN ENO AND
RYAN KINGSTON**
Nor'easter Staff

Between now and April 2nd, UNE will be participating in a waste-reduction competition called RecycleMania. The goal of this competition is for colleges around the country to reduce waste as much as possible, as well as to raise awareness of waste management options. This marks UNE's second year being involved in the benchmark division of the competition. Each week, members of Earth's E.C.O., the

Environmental Interest Pod, and work study students in the Office of Sustainability, measure and submit the amounts of trash, recyclables, and redeemable bottles and cans to the RecycleMania website, allowing us to keep track of our progress.

RecycleMania started in 2001 as a waste-reduction competition between Ohio University and Miami University of Ohio. In the ten years that the competition has been running, participation has increased to more than 500 colleges and universities, several of which are located outside

of the United States. This year, 630 schools are participating. The competition itself contains a few sub-competitions, ranging from reducing overall waste to having the best recycling rate per capita. In this way, even smaller schools have a chance of winning the competition division.

Reducing waste is important for many reasons. With less waste produced, less energy is spent carrying waste products away for disposal. This also means a reduction in greenhouse gasses, important in fighting climate change and reducing our school's carbon

footprint. In fact, involvement in the Waste Minimization competition of RecycleMania is one of the Tangible Actions of the American College and University Presidents' Climate Commitment (ACUPCC). UNE signed on to this commitment in 2008 and is currently in the process of formulating an Action Plan to achieve carbon neutrality. Involvement in the competition is a small, but important, part in achieving the goals outlined in the ACUPCC. It is also noteworthy that our waste here at UNE is sent to an incinerator in Biddeford, a source of air pollution and thermal pollution of the Saco River. Reducing waste at UNE is important not only for reducing our carbon footprint, but our overall environmental footprint in the community as well.

The best way for UNE students to get involved in the competition is to reduce the amount of waste leaving the university. Perhaps the simplest way to help reduce the amount of waste we produce is to reduce the amount of disposable materials we use, such as plastic wrappers, disposable water bottles, and the disposable cups provided in many on- and off-campus dining locations. If you are in charge of a club or organization, send emails out about events rather than printing posters to place around campus. You can also reduce waste by reusing the things you do buy instead of throwing them out or throwing them in a recycling bin. Write on both sides of a piece of paper, donate old books and clothes to places such as Goodwill, and use reusable shopping bags instead of

plastic ones. Also, buying products in bulk not only reduces the amount of waste you produce, but is also often less expensive per serving than buying single-serving packs.

If you are not sold on the environmental benefits, there are financial incentives to reducing your waste as well. Very recently, Dining Services enacted a policy in which any student that uses a reusable mug for their drinks in on-campus dining locations saves twenty-five cents per cup. If you bring a reusable cup for your morning cup of coffee, you'll save a few dollars a week. Many stores offer similar discounts if you use a reusable shopping bag.

Over the next few weeks, look for RecycleMania-related activities sponsored by UNE's environmental groups, and don't forget to recycle! Just remember that the Waste Minimization competition is not about putting more items in the green and blue bins. It's about reducing the total weight of materials hauled off campus, whether they consist of cardboard, plastic, metal, or trash. So the best way to help? Buy less, reuse more.

For more information on RecycleMania, the ACUPCC, or UNE's current environmental initiatives, check out these websites: www.recyclemania.org, www.presidentsclimatecommitment.org, and www.une.edu/sustainability. For more information or to get involved, contact Ryan Kingston at Rkingston@une.edu or Lauren Eno at Leno@une.edu.

What Juniors and Seniors Should be Doing this Time of Year

BY KATELYN KAULBACK
Nor'easter Staff

Are you a junior or senior thinking about what you should be doing after UNE? Are you a little confused or unsure of your future plans? Well, Jeff Nevers from Career Services has the answers for you!

Q: I am a junior, and I think I want to go to graduate school. What should I do?

Jeff Nevers: This upcoming summer is an important one for juniors if they are considering grad school. They really should explore what graduate programs interest them, and moreover, are relevant to their career goals. I'd suggest

researching different schools, checking out everything from the library to labs to the objectives of the program. Visit campuses, contact faculty, look over the application materials. Applying for graduate school is a daunting task, and you want to be sure you are aiming for programs that suit your needs. If you come back to school next fall still unsure whether to attend graduate school, you'll probably want to wait. You have to be 100% committed to the process and the goals to apply and be accepted. Any doubt simply means you aren't ready. That doesn't mean you'll never go, but that the timing isn't right at this stage. Wait until your goals are concrete and your learning experience will be better.

Q: I'm a senior, and I'm waiting to hear back from the graduate programs I have applied to, what should I be doing in the meantime?

JN: This is interviewing season, so seniors need to perfect their interviewing skills by reviewing why they are right for the program and why it is right for them. We conduct mock interviews in Career Services, where we tape you and review your answers. It might sound painful, but it is really helpful. This is also the time to make alternate plans. Graduate school might not be happening for some, so they need a 'Plan B.' For seniors who get accepted to multiple schools this is decision time, where they can finally pick

where they want to go based on who chose them.

Q: I'm graduating, but I do not want to attend graduate school. What should I be doing to prepare myself for the workforce?

JN: First, seniors need to be confident in their abilities and desires. Seniors really need to learn to sell themselves so employers understand what you can do for them. Come see me and I'll show you how to "brand" yourself. Second, seniors need a game plan to determine where and how to look for jobs. There are a lot of traps people can fall into when searching for jobs, so putting together a search strategy is paramount. Obviously a top-notch resume is

important too. Get an interview suit. Determine which employers interest you. Determine what you can do for them. What are your skills and experiences that they can put to use? Practice writing cover letters. Step up the networking.

Q: I have specific questions about my future plans. Is there anyone on campus I can talk to?

JN: Come see me if you feel stuck or lost. I will put you on track and keep you busy. It doesn't matter what your field or your goals are, the principles remain the same.

Dear Diva's Advice

BY ANONYMOUS
Nor'easter Contributor

****DISCLAIMER:** Nor'easter News is not responsible for any of the content in the Dear Diva Advice Column. Dear Diva, in some instances, is meant to be humorous. Please take her advice lightly. **

Hey! I'm back ya'll! I know Spring Break is just around the corner for you outta control college kids. I've got a lot of questions lately

about some possible Spring Break drama and issues. The Diva is here baby, let her help you out!

"Dear Diva,
I have been working SO hard to lose that extra weight for Spring Break. I've been eating really healthy as of late, and I've been running and hitting the gym everyday for the past month! Although, I'm getting down to the wire and I'm not sure I'm going to make my goal...Do you have any last minute suggestions for me? Thanks, Needs to Fit Into New Bathing Suit."

Dear Needs-to-Fit,

Girl, it's about time you got off your lazy...Just kidding! For real, you should be proud of yourself, darlin! You stepped up your game and it sounds like you've made some really healthy choices. Now, remember, don't look to these new tasks that you have been doing as an "easy fix." Who cares if you aren't going to reach exactly where you wanted to be for Spring Break. The point is, you've made really important steps that you'll want to keep up, even beyond your tropical paradise that happens during Spring Break. Besides, I always the more junk in the trunk the better...But that's just me.

"Dear Diva,
I'm not doing anything interesting or fun over Spring Break. All my friends are talking about traveling to far away places, particularly warm paradises. However, I will be stuck in the cold New England. Do you have any suggestions for things to do that are cost efficient? Sincerely, Low On Funds."

Dear Low On Funds,
Of course, Baby! They don't call me the penny pincher for nothing! You're thinking too extravagantly. Who says you need to go away to some tropical paradise to enjoy your break. It's just that: a break! So take one! It doesn't matter your lo-

cation. Try going into Portland or another big city in the New England area and walking around during the weekday. You will be surprised the deals that are available at various outlets during the week when no one is usually around to support downtown business. You might find some excellent deals, sugar. Plus, you might be able to bring a special someone along and not break the bank, you know what I'm saying? It doesn't matter where you are. Just stay positive and make the most of it!

Diva
Delicious
Advice

Martial Arts Club



COURTESY OF AMANDA BRAITHWAITE
Amanda Braithwaite, Joseph Scholz, Gary Whelpley, Brianna Bisesti, Mr. Hardwood, Carlos Ayala and Ariana Rossi all participated in the 8th Annual Boston Classical Soo Bahk Do Scholarship Fundraiser Tournament.

BY AMANDA BRAITHWAITE
Nor'easter Staff

On February 5th, UNE Martial Arts Club attended the

8th Annual Boston Classical Soo Bahk Do Scholarship Fundraiser Tournament. The event consisted of clinics and demonstrations in the morning, followed by the

martial arts competition in the afternoon. There were two events: forms or Hyung, and Sparring or Dae Ryun. Gary Whelpley received gold for sparring for 1st degree black belts (Korean Term: Dan), and was fourth among all dan levels; Brianna Bisesti received silver for forms and bronze for sparring. Amanda Braithwaite received gold for sparring, Carlos Ayala received bronze for sparring and Ariana Rossi received gold for forms and silver for sparring. Instructor Joseph Scholz is very proud of the progress the UNE students have made through hard training. The UNE Martial Arts club invites you to come join them, no experience is required and anyone can do it. Please email Amanda at abraithwaite@une.edu if you are interested.

Student Health Corner: Influenza Is Here!

BY CHERRY BAKER MSN,
FNP-c
Nor'easter Contributor

The first cases of influenza have hit the UNE Biddeford Campus. Beware. Remember all the simple things you can do to prevent getting INFLUENZA. Avoid contact with others that are sick especially if they are coughing. Wash your hands; A LOT! Get vaccinated, we still have lots of Flu Shots and it is not too late to get one. Get plenty of rest and sleep. Eat a healthy diet. If you do become ill, come to the Student Health Center or go see your Primary Care Provider.

How to tell if you have INFLUENZA. Fever, body aches, and a hacking cough are the biggest signs, sometimes a sore throat, or nausea and vomiting,

sometimes diarrhea. Remember, INFLUENZA is a respiratory illness. We have medicines that will help reduce your symptoms and help you get well faster. Rest and clear fluids are vitally important.

If you think you have INFLUENZA come to the Student Health Center or see your primary care provider. Keep to yourself as much as possible, stay away from public areas and stay in and stay in bed. Fever reducers like ibuprofen or Tylenol may help you to feel better and reduce your fever. Do not go to class and spread it to others. If in doubt, come see us and find out. We can test you right here in the Student Health Center.

I wish you all a healthy semester. Stay well. Avoid INFLUENZA.

According to Scrivs



BY STEVE SCRIVENER
Nor'easter Staff

I remember the days when cell phones the size of calculators were basically recognized as luxury goods and were used for one thing and one thing only, to call somebody. During my early middle school years, it was rare for someone my age to have a cell phone unless they were spoiled brats with wealthy parents. These were the days when most households had a home telephone line, and actually used it. Most of us can remember being early adolescents, waiting for that special

girl (or boy) to call you at home; or being so nervous to call them that you actually called and hung up several times before finding the confidence to stay on the line long enough to hear an answer on the other end.

Several years later was the development of instant messaging, specifically AIM, which gave us the opportunity to avoid face-to-face interactions with our peers. This style of conversation started the idea of instant and convenient conversation; in fact, you were able to post an away message like "BRB, running to the bathroom then grabbing a fruit roll-up, B Back in 5!" Several years after AIM hit its prime, our culture started to experience the entirely new world of blogging, which some may remember was Xanga. Xanga was a service that allowed us to create personal blogs where we could upload a picture and write messages on our friends' pages. This seemed to be the greatest thing since chunky peanut butter until some @\$\$hole by the name of Tom decided to take it one step further

with his invention of MySpace. At 14, unaware of the misery ahead, I, along with millions of others was ecstatic at the idea of a personal blog where I could post a bunch of pictures, write to my peers, and even upload my favorite Jay Z songs. Slowly we learned how destructive this social network could be. For instance, I could set up an application that showed who my top 10 friends were, and God forbid one of my friends was not on that list; instant drama. It was only a matter of time until most of us experienced a devastating break up through means of MySpace, yet we all admired Tom's ingenious efforts to allow us this magnificent connection with our friends. Soon after, probably during my sophomore year, everybody had a cell phone that now allowed us to text, send photos, and even access the internet. Again, however, our culture is so easily sucked in by technology and cool ideas that we were completely ignorant of the problems that were soon to follow. No longer were we limited by cell phones and the simple means

of communication that simplified things. As if MySpace, AIM and the expanded use of telephones were never to be enough, others have decided to increasingly ruin our universal well being. We have transitioned into a culture dominated by social media that has corrupted not just our nation, but the entire globe, which has led me to write this letter...

"Dear Facebook,

I believe I speak for the world when I say that you are completely at fault for ruining all of mankind and our social well-being. You have corrupted society and have completely eliminated any privacy that most of us normal people like to have. Our youth would be surprised to learn that there was once a time when you could walk up to a girl in the halls and ask her on a date; maybe a movie, dinner, sex, or all three, then agree to pick her up at a certain time, and that was it. Once you said that you would pick her up at 7, there was no need to talk to her until you drove up to her house. Nowadays it is much more common

that dates are scheduled via text or Facebook messaging. But that is not the real problem here. I will admit that messaging is convenient and I do participate, but the rest of the features that come with this social media are hardly tolerable anymore. When I go to the library late at night to finish a paper that is due the following morning, the first thing I do is log on to Facey. Instantly, I am sucked into 20 minutes of reading my news feed on how everyone's day went, what is on their agenda for tomorrow, whose bangin' who, what new pictures people are in and everything else that people write on their statuses or on their friend's walls. Although I do have a Facebook and use its features, some may think that I despise what it stands for; that is incorrect. Instead, I rightfully rant this week on the fact that Facebook has provided the opportunities and applications for many people, who quite simply, take them for granted and abuse the privileges that were intended to be fun and simple."

Professors Say the Darndest Things

BY LAURA CARTER
Nor'easter Staff

This semester is almost half over. I'll say it again...this semester is almost HALF over. It is crazy to think about, it feels like just yesterday we were all returning from winter break and just beginning our semesters. With the snow days, it prevented the grind of the actual start of the semester—but alas—that was short lived and now, as you can clearly see the snow is beginning to melt, and the sun is beaming rays of warmth on our lovely section of Biddeford. Valentine's day has come and passed, the mole or gopher or some other form of marsupial has told us our fate in regards to weather. Soon it will be March; then soon it will be April. Professors, in the meantime, have been piling up the work—and throwing exam after exam directly into our faces. Of course that is what we pay them for, and at least they say some clever things in the meantime... here's my week in quotes, because my professors say the darndest things...

- "Don't expect fireworks, I'm not that good."
- "I want to be provocative, but not crazy."
- "Being a cartographer is no joke."
- "You don't procreate with people you hate, that's just not cosmically harmonious."

- "Okay, whatever hanky panky goes on between you and my wife you've got to give back to me—or at least tell me about it."
- "Someone murders a member of your family, and they show up at your door with a bag of money. Are we supposed to be like 'thank you?'"
- "A beautiful vase, or a piece of clothing—I'm not really sure what else a man would want."
- "When you mix feces and Jesus it never works out."
- "Ahh! That wouldn't work! Ben Affleck couldn't do that!"
- "This runs into much more destructive examples than food and the Gilmore Girls..."
- "So really, Facebook the hell out of this."
- "And now I have to dive into this horrible

muddy pond; that was NOT originally on my agenda."

- "When my husband is watching something violent I always ask him 'where's the all puppy channel?'"
- "Oh! Look at that! It's like Star Wars!"
- "Only sadists become teachers."
- "Spinster—I think—is still on the books. I don't know how old you have to be, but I think it's 25...so—watch out."

This semester your new



Professors Say the Darndest Things!

As students we spend hours upon hours in the classroom, listening to our professors lecture on about what we need to know. At any point during these hours have you thought to yourself that you just couldn't believe what came out of your professor's mouth? Often times do you find yourself wondering how exactly what they said was relevant to the lecture? If you said yes to at least one of these questions...It is likely that your professors say the darndest things and you should write down these random and obscure things and send them into: lcarter4@une.edu. By doing so, your *anonymous* professor quote could appear in the next *Professors Say the Darndest Things* in the upcoming issue of Nor'easter News. Don't pass up the chance to share something funny that your professor said; these things are priceless.

professors are filled with their own little gems. Here is what you sent in because your professors also say the darndest things...

- "I like to be at one with the meth heads."
- "I was deeply touched by the double rainbow guy on YouTube. He's like 'WHAT DOES IT MEAN?!' and I'm like 'What DOES it mean?!'"
- "You can literally get lucky with these animals."
- "Cheetahs—if you lock them in a cage they just won't do it...unlike college students..."
- "It's not like we understand the psychology of dragons."
- "We're not going to shave our bodies in this course."
- "King James was like the Matt Damon of the 1600s"
- "Getting across the Rockies is tough—so tough you might have to eat your mom."

- "There's a woman you sleep with, and then, there's your wife..."
- "For those of you who are in serious relationships I would highly recommend not taking your spouse to go see 'The Blue Valentine.' I took my wife to go see it last night, and we are barely still married this morning..."

Quote of the issue...

- "We all do share in common the ability to sense the world."

It is officially March. This semester may have started off slowly, but now—the real work approaches. If you ever find yourself dozing off during lecture, or sighing heavily of boredom—just think of all the bizarre and awkward things your professor is saying that you're missing! Coming to that point: don't forget to start sending in your very strange and irrelevant to the lecture (but preferably hilarious) professor quotes and share them with all of UNE! Keep an ear out, and if you hear something even the slightest bit funny that your professor says in class, send it in anonymously to lcarter4@une.edu to have a chance of it appearing in the next *Professors Say the Darndest Things*. In the meantime, enjoy the 30 degree weather that is just the beginning of glorious spring adventures, and maybe think about starting the mound of work you have due tomorrow!

Westbrook Skating Rink: A Hidden UNE Treasure

BY HILLARY ROZENAS
Nor'easter Staff

Children laughing as the sound of their metal skates hit the freshly brushed ice. Music playing overhead as families and friends gather for a day of exercise and fun. What better way for college students to enjoy the last few weeks of winter than an affordable day skating with friends, or a romantic night away from campus life? The Westbrook Skating Rink, conveniently located on Pool Street and only minutes from campus, is where students can enjoy this local experience. The family friendly environment is a great escape for college students at UNE. Students, faculty and staff drive by this venue every day, yet those that stop are the only ones able to discover the recreation that it offers.

Local businesses such as the skating rink rely on the UNE community in order to flourish. As seen throughout campus, UNE works closely with the community in order to provide local support. In turn, these businesses give back to the students and faculty by providing us with

low budget entertainment. The rink is absolutely known to be one of these local amenities. They are constantly doing fundraiser's for different clubs and organizations throughout the Biddeford/Saco area. Last year, UNE's Habitat for Humanity club was lucky enough to hold a fundraiser at the rink. The rink extended its Saturday night hours and allowed the club to attain all of the admission profits from the evening. Westbrook Skating Rink was also able to benefit from the advertisement as well through the money they made off of concessions and skate rentals.

As financially insecure college students, it is hard to find places to go that are both affordable and fun. Good news! The Westbrook Skating Rink provides students with extremely reasonable pricing. The cost to skate on the weekday is only \$3.00. On weekends, holidays, and vacation days the cost is only \$3.50. Don't have skates? Not a problem! The rink has \$3.00 rentals on both figure skates and hockey skates and they also have hockey sticks and pucks available for use. However, skaters are more than welcome to

bring their own equipment. When things aren't going as smoothly as one would hope, or there is the "need for speed", the rink extends their services and offers skate sharpening for only \$5.00. No matter what needs may exist, it is clear that the Westbrook Skating Rink does their best to accommodate any and all skating abilities.

With being in close proximity to campus, students are able to take the UNE Shuttle Bus to the Westbrook Skating Rink for no cost! The Shuttle Bus runs a regular 45 minute route throughout the day and makes stops at the Campus Center as well as Sokokis Hall. It then travels to downtown Biddeford and the Saco Train Station. The bus will also stop anywhere along the route when flagged down. Not only is this form of transportation convenient to those students that do not have their own transportation, but it is also eco-friendly.

The Westbrook Skating rink is open to family and friends alike on Monday-Friday (3-8pm), Saturday (12-5pm) and Sunday/Vacations/Holidays (12-8pm). Although the weather can sometimes be a hit or miss for skating

adventures, the rink is always kept as nice as possible. While driving by one can frequently see the owners hard at work smoothing out the ice before a night of music and fun! Skaters are also able to

call ahead to hear about cancellations and ice conditions before venturing down to the rink. For more information, give them a call at (207)284-9652. Happy skating!



Enjoying the ice.

COURTESY OF GOOGLE IMAGES

Office Expose: Student Affairs



BRANDON HOTHAM, NOR'EASTER NEWS

The staff and administrators of the Student Affairs Office, located in Decary Hall Room 129.

BY BRANDON HOTHAM
Nor'easter Staff

Location: Decary Hall, 129
Phone: 602-2372
Email: student-affairs@une.edu

Office Members:

- Cynthia Forrest, Vice President for Student Affairs
- Daryl Conte, Dean of Students
- Mark Nahorney, Assistant Dean for Community Life
- Angela Shambarger, Judicial Coordinator/Student Affairs Operations Coordinator

- Linsey Pilon, Assistant to the Vice President for Student Affairs
- Suanne Johnson, Administrative Assistant

When walking into the Student Affairs Office, which is tucked away in the corner off the main lobby in Decary Hall, one can easily note its warm and welcoming atmosphere. As you enter the door, you will no doubt be greeted by the kind voice of either Suanne Johnson, Administrative Assistant for the Student Affairs Office, or Linsey Pilon, Assistant to the Vice President for Student

Affairs.

I chatted with Linsey Pilon for a bit to get some additional information about the Student Affairs Office that maybe students weren't aware of. It might be easier for students to figure out the purpose of offices that are named more directly, for example Health and Wellness Education or Residential Education and Housing. This is the case, simply because their names are more direct. However, what about Student Affairs? What does this office really do?

When asked this question, Pilon described "We support the

role of the Vice President for Student Affairs. We oversee many of the non-academic student services at UNE." That's quite a role. No wonder such a broad name: Student Affairs. It's no doubt an appropriate name, however. Some of the programs and offices that the main Student Affairs Office oversees are Athletics, Residential Education and Housing, Admissions, Registrar, Campus Life and Orientation, Learning Assistance Services, International Education, Multicultural Affairs and Diversity, Disability Services, Health and Wellness Education... Just to name a few (there are many more).

Pilon described the Student Affairs Office as having a very strong "random-question department." She recommends that the Student Affairs Office should be your first stop if you don't know where to go. It can also be a great resource if you are having difficulty navigating any sort of problem. The office also handles absence notices if you are sick or have an emergency and need to miss class. They will contact all of your professors to let them know about your absence, you of course are still responsible for making up all the work (sorry, they can't really help you out there).

Besides oversight of a vast array of student-centered initiatives, the Student Affairs Office also performs various other tasks. Some include: production of the Student Handbook, assistance in the production of UNE's university-wide commencement

each year, implementation of the annual Undergraduate Student Awards Ceremony, data management, and employee contracting.

Pilon started working at UNE in 1992. Since then she describes that there have been "a lot of changes!" When the previous Vice President for Student Affairs and Dean of Students, Barbara Hazard, first started at UNE, there were only 6 employees in the entire Student Affairs Division. At the present, there are more than 130 Student Affairs staff members and administrators across the various programs and departments that the Student Affairs Office oversees.

For students that are already familiar with the office, you know Johnson and Pilon can easily fill the "requisite mom quotient," as Pilon described in our interview. The other members of the Student Affairs Office are also extremely welcoming and supportive. It is clear that they work as a team. They seem to do a lot of work, but also have a lot of fun. It doesn't seem uncommon for laughter to arise in the office. The members of the office are approachable and truly care about students, their interests, and their concerns. When asked what her favorite part of working in the Student Affairs office was, Pilon answered with an emphatic and energetic, "Students!" Rightly so. For more information about the office, feel free to contact them using the aforementioned information.

SAD – What You Never Need To Be

BY DEIDRE DICKER
Nor'easter Staff

If you've been feeling down lately, it might not be that you are sad, but that you have SAD. SAD is a condition called Seasonal Affective Disorder that is related to light. Most people suffer from this condition in the winter months, usually starting in August and lasting until March or April. This disorder tends to make people feel negative, low on energy, and want to be alone or sleep a lot. If you are finding it hard to concentrate on your schoolwork, have noticed that your attitude has gone downhill, or that you simply don't feel like going out and partying with your friends anymore, don't worry- it happens to a lot of Mainers and there are things you can do to combat this condition.

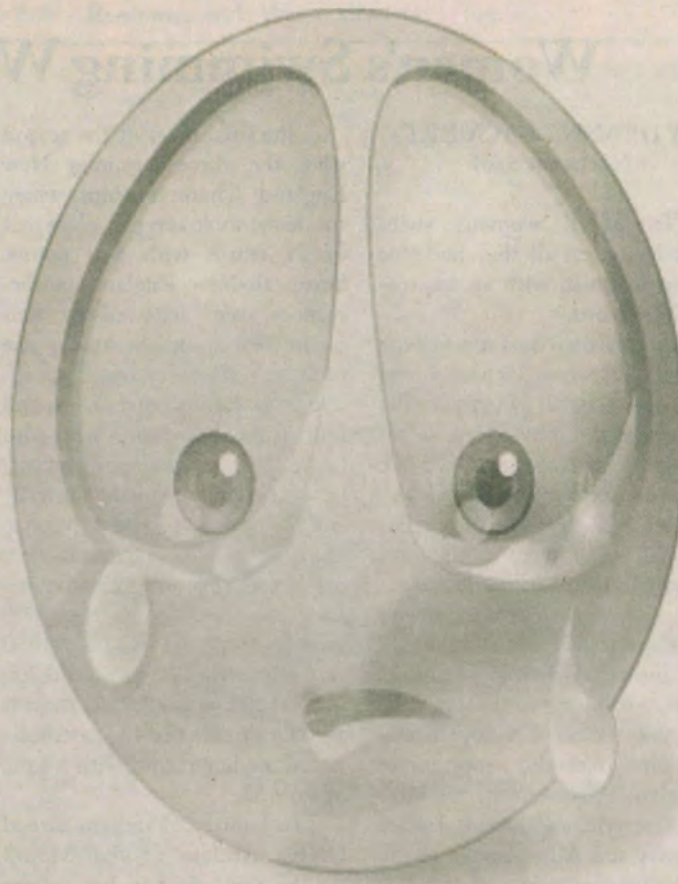
According to Jane McCabe, Ph.D. from Student Counseling Services, this condition is the result of a lack of light that occurs because the sun is set at a different angle during the winter. Because here in Maine the days

are short and it is often storming outside, UNE students are set in a geographically-prone area for getting SAD. Some people also suffer from SAD in the spring or summer – this could be because people who hope things will become better or easier when warmer weather comes often find themselves facing the same problems once the snow melts. Either way, all people's bodies are set to a seasonal-based cycle, and getting to know what yours is could help you to understand the months that you simply don't feel your finest – even if these months aren't at a disorderly level.

So what can we do if we find ourselves with the SAD blues? McCabe recommends Vitamin D and exercise. There are also lights made especially for this condition called lightboxes – simply sitting in front of these lights for half an hour each morning may help depreciate the strength of SAD. Full spectrum lights in your living areas can also be helpful. And for people who have the luxury, taking a vacation in a warm, sunny place down South is usually in-

credibly helpful. If you can't make it to some place where you need a bikini for spring break, try taking a mini-cation on the weekend. McCabe says that going even a couple hours south can make a world of difference.

Try to stay positive and optimistic throughout the year. People who are predisposed to a negative worldview have a greater chance of suffering from SAD. Besides making you not feel like yourself, SAD causes people to want comfort foods, making them overeat and gain weight. To combat this, "You should not be hard on yourself if you're not 100%," says McCabe. This will only add stress. Instead, take care of your body and your mind with exercise, vitamins, and light. The UNE student Counseling Services are open daily to give advice and support to all students, as well. SAD is a disorder that can most definitely be treated, so if you want to get back to your energetic, optimistic, friendly self, you don't have to wait until April – you can help yourself right now.



Don't be sad!

COURTESY OF GOOGLE IMAGES

SPORTS

Th Men's Hockey Ends Season With 6-19 Record



UNE battles Amherst College.

EMMA ALBEE, NOR'EASTER NEWS

BY DEANNA BAUMERT
Nor'easter Staff

The team's game against Amherst College gave them their first ECAC East win this season and boosted their overall season record to 3-13. Senior Jack Nolin was the first to score in the game with a power play goal at 14:01 in

the first period. Amherst came back less than 30 seconds later to tie the game at 1-1. The tie was then broken with 2:34 left in the second period by sophomore Paul Kashmanian's first goal of the season. The end of the second period ended in a tie as well but throughout the third period, UNE dominated the scoreboard.

First-year Sean Sullivan, junior Justin Miner, and first year Zach Lokey each contributed a goal to the third period effort that ended in a 5-2 victory.

Three back-to-back losses for the Nor'easters came next against Hamilton College, Skidmore College, and Castleton State College. They broke out of the slump

with a 6-4 victory over Franklin Pierce at their final home match on February 8th. Kashmanian, and juniors Mike Tiano and Ted Fabian made the three first period goals. Sophomore Tyler Fleurent made the only second period goal for the Nor'easters and Kashmanian and Sophomore Scott McManaman made the final two goals for the team in the third period to seal the win. First-year Connor Brogan was in the net for all three periods and made a total of 19 saves.

Another conference loss came three days later against Tufts University. UNE lead for the first two periods but Tufts made two goals early in the third period, giving them a 6-5 win.

The next match against Connecticut College gave the Nor'easters a 6-3 win to put their overall record at 5-17. Miner scored the only goal in the first period on an assist from sophomore Adam Laite who then scored in the second period following a goal by McManaman. UNE continued to dominate in the third period with the help of two goals from Fleurent and one by sophomore Brendan Brickley, who scored his first goal of the season with 7:14 into the period. Goalie Brogan was in for the entire match and made 42 saves.

Brogan also earned the ECAC Men's East League Goalie of the Week for his performance in the net in the matches against Franklin Pierce and Connecticut College, during which he stopped

61 shots of the 68 attempted against him.

UNE also won their next match on February 18th against Trinity College. The first period ended with three goals scored by first-year Matt Del Giudice, Kashmanian, and Laite while Brogan stopped all 15 shots attempted by the opposing team, leaving Trinity scoreless going into the second period. Trinity answered with three goals in the second period but UNE once again ended the period ahead thanks to first-year Nick Michaud's first goal of the season, made with 10 seconds left. McManaman scored in the last minute of the third period and Trinity was only able to notch one more goal, resulting in a final score of 5-4 and the Nor'easter's final win of the season.

Their final regular season match against Wesleyan University the next day ended in a 14-1 loss. A week later, they faced #3 Norwich University in the quarterfinals of the ECAC East Men's Hockey League Tournament. A final college career goal by Nolin in the first period and a third period goal by Miner gave the team their only two goals of the game, while Brogan and Senior Mike Roper made 20 saves each.

The team's final overall record shows progress in the hockey program, with this season's win record being double that of last season's. We hope to see this progression carry into future seasons as the hockey program continues to build itself up.

Women's Swimming Wraps Up a Successful 2010-2011 Season

BY DEANNA BAUMERT
Nor'easter Staff

The UNE women's swim team has given all they had this season to finish with an impressive 7-2 record.

In their final dual meet of the season, the women came home with yet another victory. The meet against Colby-Sawyer College ended with a score of 175-80. Junior Lizzie Wareham took the win in both the 200 yard freestyle (2:09.26) and the 100 yard butterfly (1:06.12) while teammate Alex Gabriels won the 50 yard freestyle (27.61) and the 200 yard individual medley (2:26.4). Also contributing to the win were first year Alexa Cheney in the 500 yard freestyle, sophomore Meaghan Arsenault in the 100 yard freestyle, and juniors Jessica Sweeney and Allie Travnik in the 1650 yard freestyle and the 100 yard backstroke respectively. Both relay teams also won their events.

The final meet of the season were the three-day long New England Championships where the team took seventh place out of 21 teams with 570 points. Seven all-New England performances were achieved by four of the Nor'easters, including one each from Sweeney and Gabriels, two from junior Sarah Shea, and four from Wareham, who also broke four of her own records in the 50 and 100 yard butterfly and the 50 and 100 yard freestyle events. Four more records were broken during the Championships: Sweeney broke the 1000 yard freestyle (11:13.78), 1650 yard freestyle (18:34.18), and 200 yard backstroke (2:15.07) records and Shea broke the 400 yard individual medley record with a time of 4:59.22.

In January, Wareham earned UNE's Athlete of the Month for the third time in her college swimming career. Her numerous victories in both individual and

relay events during the month were responsible for this achievement.

The women have also received recognition for their academic accomplishments. The team had a

grade point average of 3.21 for the semester, which earned them College Swimming Coaches Association's Scholar All-America honors. This is the 13th semester in a row that the team has earned

this award.

With such a successful 2010-11 season, we look forward to seeing a successful 2011-12 season as well!



Sarah King swimming the 1650.

ALICIA LAFLAMME, NOR'EASTER NEWS

Women's Basketball Thrives

BY SEAN DOYLE
Nor'easter Staff

Women's basketball finished the regular season with a regular season record of 19-6, and an excellent conference record of 12-1. At the time of this article they were moving on to play in the semi finals of the ECAC tournament.

The women closed the regular season on a nine game winning streak, and headed into the playoffs to play for the TCCC championship.

In the quarterfinals of the TCCC championship the ladies played, the Golden Bears of Western New England College. In this one, UNE came out on top by a score of 68-56. Senior Carrie Bunnell, led the way for UNE with a team high 22 points. She was helped all game long by junior Kelley Paradis, who added 18 of her own points, to help lead UNE's offensive attack. Paradis also added seven rebounds and turned away four Golden Bear shots. Senior Chelsey Meszaros, juniors Margo Russell, Kelli Pelletier, and sophomore Beth Suggs, all added seven points apiece to enhance UNE's offensive play.

After beating Western New England, the ladies moved on to host Roger Williams in the cam-

pus center gym. This would prove to be a tough and tight match to the very end. UNE took it, by a tally of 74-72. Again UNE relied on hot shooting from Bunnell, who went 7-8 from the floor, and had a game high 19 points. Paradis again played well, while filling up the stat sheet for 11 points, six rebounds, five blocks and three steals. Russell added 10 points, eight rebounds, seven assists and three steals, for her impressive stat line. UNE's free throw percentage, and points off of turnovers told the story in this one. They caused 19 turnovers, which were converted into 21 points, and they shot 81% from the charity stripe, on 17-21. UNE never trailed in the game, but Roger Williams made a strong comeback but they eventually fell short.

The women then traveled to play Salve Regina for the league championship. UNE was moving onto face the team who dealt them they're only conference loss all season. In a game that featured the two teams who won the league the past two seasons, fans would be sure to get a good game. The fans got a good game, but not a favorable outcome. The women came up just short, losing 76-74, the title defense was over. Bunnell and Russell again led the way for UNE by scoring 23 and



UNE goes for the shot.

EMMA ALBEE, NOR'EASTER NEWS

17 points respectively. With their hopes and dreams of repeating as champions, UNE moved on to wait their bid in the ECAC tournament.

UNE would draw Smith College in the first round of the ECAC tournament. There they

would host Smith at home and go on to win by 10, 64-54. Paradis led UNE in scoring with 22 points on an efficient 8-10 from the field. Russell and Bunnell again provided scoring assistance with 13 and 11 points respectively. Suggs cleaned the glass for a

team high seven rebounds.

All year long the women relied on Bunnell, Russell, Paradis, and Suggs. They all averaged double figures in points, except for Suggs who averaged seven points and led the team in rebounding.

Men's Hoops: Stumbles and Falls

BY SEAN DOYLE
Nor'easter Staff

After what many would consider a rebuilding year, the men's basketball team posted a final regular season record of 4-21. The team had just three seniors, compared to the eight underclassmen. While the overall season fell short of the team's expectations, they did have some sunny days, over a cloudy and cold winter.

The team's first win came back on the 27th of November against Mount Ida. In this contest senior Chas Rentrope saw his first action of the year, scoring an impressive 18 points off the bench for Big Blue. Rentrope was also a pest on defense tallying six steals to go along with his stat boosting five rebound performance. In this game as well junior Marcus Winn added 17 points while pouring it on from beyond the arc. Winn went an astonishing 5-6 from downtown. Junior Ryan Knotek was a standout as well notching his first career double-double, with 14 points and a personal best 14 rebounds. This one was over early as UNE took an eight point lead at 14-6 and never looked back.

The Paul Bunyan tournament was where UNE picked up its next victory over the University of Maine at Fort Kent. In this one

Knotek was the lumberjack, grabbing eight boards and pouring in 14 points. UNE also looked to Winn and Rentrope in this one, they both added 14 points of their own to help propel UNE over Fort Kent. Winn's little brother J.D. added 12 points as well to seal the deal for the Nor'easters. Excellent free throw shooting late in this one tied down the "W" for good, as Rentrope, Knotek, and others went a perfect eight for eight down the stretch.

After losing the next ten games in a row, UNE met Western New England College at home on January 29th on "Coaches v. Cancer" day. All of the coaches wore sneakers on the sidelines to raise cancer awareness. Knotek was again a standout for the Nor'easters as he poured in a career high 24 points including UNE's last 11, while playing 33 minutes, and converting on 9 of his 15 field goal attempts. UNE also got seven points apiece from Marcus Winn, Jordan Stinglen, and first year Charles Fenner. UNE dominated in the paint, scoring 30 points while tallying 18 offensive rebounds.

On February 8th, UNE took down Endicott in their biggest win of the season over, at the time, third place Endicott. UNE blew them out in this one by a final score of 72-48. Knotek again

led UNE's scoring attack with 16 points. He wasn't alone in scoring, UNE had four players in double figures including, Fenner's 15, Rentrope's 14, and M. Winn's 11. Fenner also hauled in a game high nine rebounds. Rentrope was a key part of a late first half

run for UNE, scoring three baskets to fuel the team's big run.

UNE's standouts this year were Fenner, Winn, Rentrope, and Knotek. Fenner averaged just a tick over 15 points per game in 13 games played while Knotek, Rentrope, and Winn all aver-

aged over ten points per contest as well. Winn averaged 14 points per game and shot just over 41% from beyond the arc. Rentrope finished his UNE career while averaging 11 points per game, and Knotek led the team in rebounding.

Run of the Mill March Music

Thurs 3rd
Steve Jones

Sat 5th
A-Frame

Thursday 10th
Sylvain's
Acadadia Aces

Sat 12th
Waiters

Thursday 17th
Jazzy Chaz

Saturday 19th
A-Frame

Thursday 24th
Velourasauras

Saturday 26th
Packmann
Dave

Thursday 31st
Murrays Rule

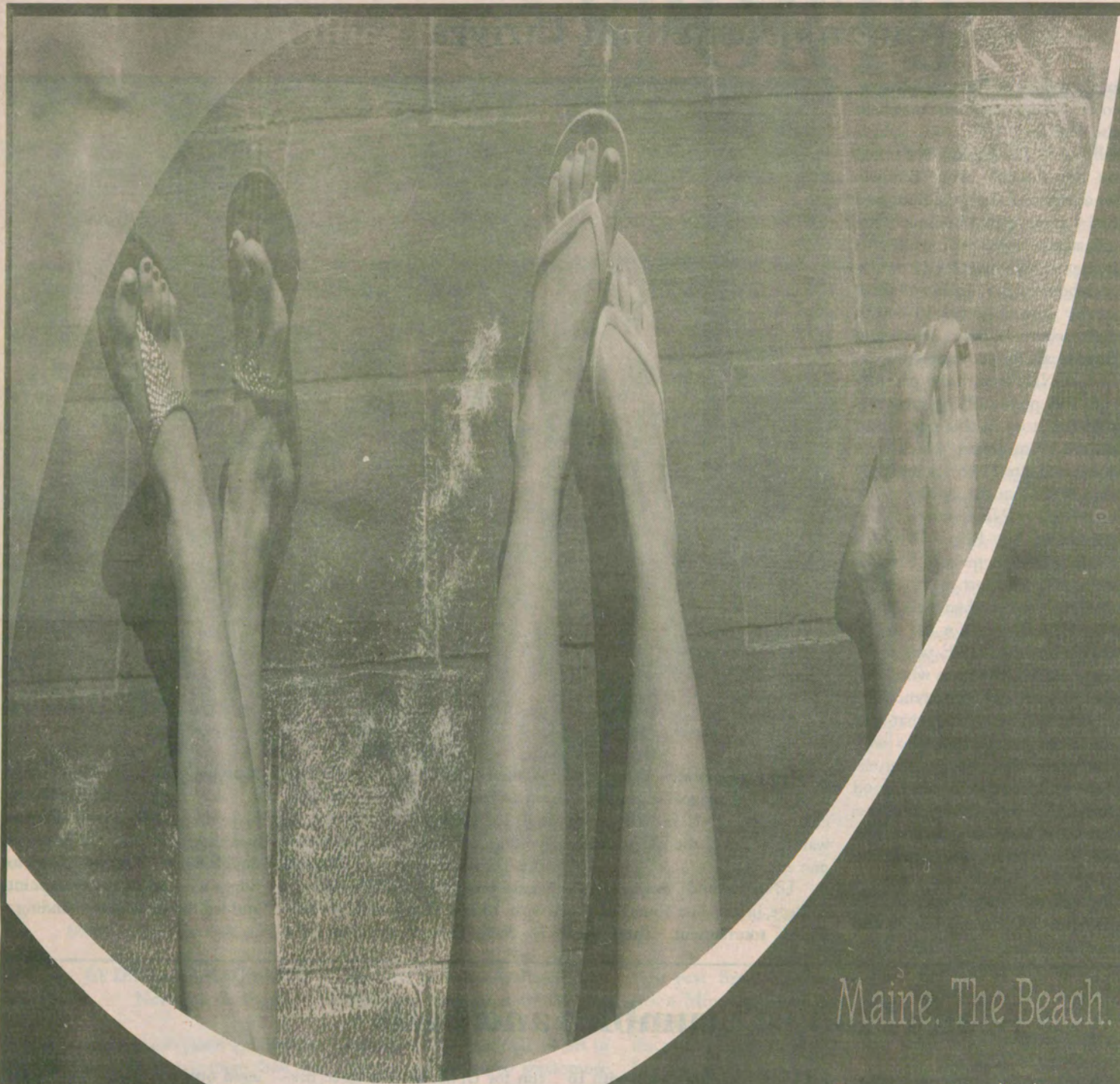
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MARCH 17TH

LIVE MUSIC
DRINK SPECIALS
CORNED BEEF &
CABBAGE

Music from 8-11

Don't Forget Open Mic on
Tuesdays

Trivia on Mondays
7-9pm

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ARTS & ENTERTAINMENT

Waiting for Godot Review

BY LAURA CARTER
Nor'easter Staff

From the 18th till the 20th of February, Arts at UNE held a performance of *Waiting for Godot* (written by Samuel Becket) at the North Dam Mills. The performance was two acts long and included five actors, one being UNE's very own James Muller. The tree that was used as the main set piece for the play was created by Professor Andy Rose's Sculpture class, and added something extra to the atmosphere of the evening.

At first, in my opinion, *Waiting for Godot* was very confusing and uninteresting. I arrived on Friday evening thinking that I was going to totally hate it. By the end of the first act, my brain was boggled and I didn't have the slightest inclination of what was going on at all—not between characters, not in the sequence of events, not in any way shape or form. The second act is what really pulled this play together for

me—and it blew my mind. I left that evening raving and talking incessantly about the true “meaning” of the whole thing. This was truly a brilliant and eye-opening experience for me.

The first act of the play focuses mainly on the characters Gogo and Didi. They're two friends who are passing time together as they wait for this mysterious stranger, Godot. Within their dialogue and actions, a third character comes about—that of human nature. These characters are both on the lower end of the spectrum as far as income and status (this can be seen in the way that they are dressed and by their actions); these two characters are entirely focused on the next best thing. Once they become happy—they ask “what do we do now?” and then sit and think about the next thing that can take up their time as they wait for Godot. Halfway through the first act, a bizarre character named Pozzo arrives. At the end of the act, nothing made any sense—but this is more due

to the text of the play, and not the delivery of the actors.

As a whole, the second act brought everything together. What especially blew me away was Pozzo's monologue. In this monologue, Pozzo (right before making his exit), turns around rapidly and literally begins shouting about life; baring everything about how one minute we are here, the next we are dead, and that [we] literally spend our whole lives “striving for the grave.” This speech really hit me. I do not know if it was more-so the words, or the experience from the live performance and dedication by the actress that made this part so memorable to me, but that—above all else—was my favorite overall. The more I thought about that, the truer it became to me. His character at one point during the speech says that even from birth we are beginning to die, and that they are “in fact the same instant.” I couldn't form words—much like Gogo and Didi couldn't either. I am still unsure of the true mean-

ing of the play itself, but I know what it means for me, and I really enjoyed it overall. I liked *Waiting for Godot* so much that I even went again the second night for the Saturday showing. The first time I enjoyed more because of the initial surprise of everything, but again the monologue in the

second act given by Pozzo was still my favorite thing. If you have never read it, or seen it performed, I highly recommend it—it is worth all of the initial confusion to ultimately reach the understanding.

Messages for Mr. Godot

The *Nor'easter News* has the distinct opportunity to print messages each week that were left for Mr. Godot. Mr. Godot will respond to messages that UNE students leave to him via the newspaper! Students may leave Mr. Godot a message on the tree from the production, which is placed in the second floor common area of Marcil Hall:

The following Messages were left for Mr. Godot for this issue:

- “Mr. Godot: I am? You are?” Anonymous
- “Mr. Godot, Is it worth the wait or is it better to go?”

- “Mr. Godot: I have taken an interest elsewhere. My apologies for any inconveniences.”
- “This woman waits for no man!”

A messenger for Mr. Godot informed the *Nor'easter News* that unfortunately Mr. Godot would not be available as planned to respond to these remarks. We were assured that Mr. Godot will provide his feedback in our next issue. Feel free to leave Mr. Godot further messages on the tree that will be responded to.

Biddeford City Theater Presents the New Musical *EDGES*: Love, Heartbreak, Humor and Facebook: Who Could Ask for More?

BY DEAN SMALLEY
Nor'easter Contributor

UNE's Theater Production Class at City Theater, Biddeford's historic opera house, will be presenting the 2007 Jonathan Larson Award-winning coming-of-age musical, *EDGES*. The contemporary song cycle tells the story of four young adult's progression into the modern world and the reality of adult life. Along the way they explore the meaning in life, coupled with more happy-go-lucky topics, like the newest peculiarity with friendship on Facebook.

“Songwriting duo Benj Pasek and Justin Paul prove that musical theater is not nearly as lame as Andrew Lloyd Webber and Elton John would have you believe”, said

Time Out New York. New York City's comprehensive source for arts and entertainment listings.

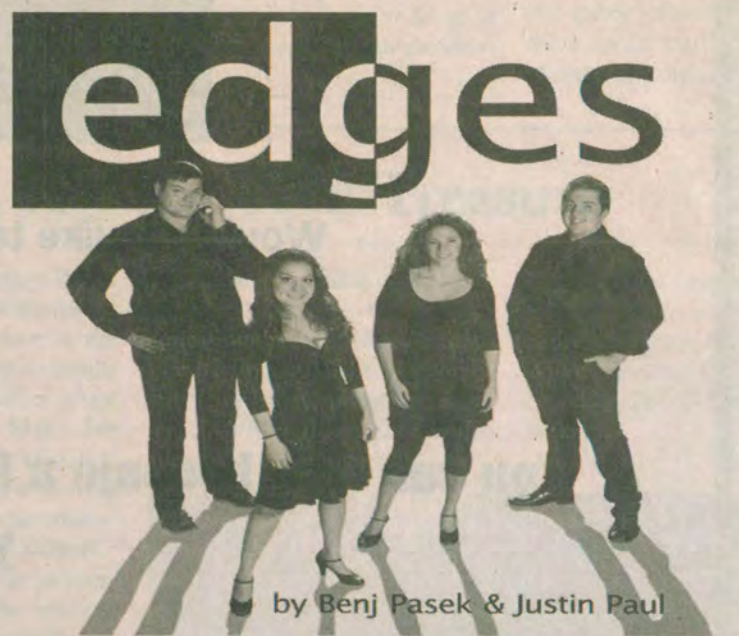
Once again, the University of New England has given the City Theater's staff an anxious group of students who are enrolled in the college's Theater Production Class.

Professor of the class, as well as the director for *EDGES*, Linda Sturdivant, will guide the students in theater production for this show. They will be involved in everything from stage work to event publicity.

The cast of *EDGES* are friends of the City Theater. Three of them have been in recent City Theater shows. Michael Lynch and Ashley Christy, both University of Southern Maine graduates in Musical Theater, performed

together in the City Theater's production of *Blood Brothers*. Michael Lynch and Travis Grant were just in the very popular City Theater production of *A Christmas Carol: The Musical*. New to the City Theater stage is Susie Pepper. Susie was Miss Maine 2009. She and Ashley Christy were just seen in Windham Center Stage's production of *The Wedding Singer*.

EDGES opens on Friday March 11th, and will close on Sunday March 20th. All of the Friday and Saturday performances will start at 8pm, while all Sunday shows will begin at 2pm. Tickets for all shows are \$20. This black box production's seating is limited for 100. Tickets are available by calling 282-0849 or online at www.citytheater.org.

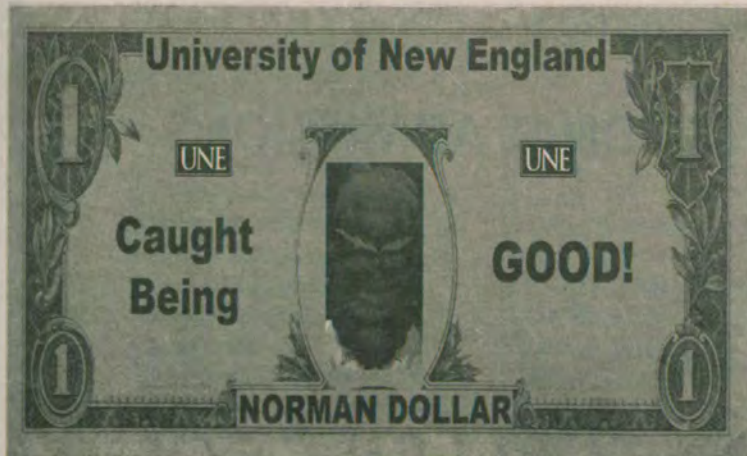


COURTESY OF LINDA STURDIVANT
Michael Lynch, Ashley Christy, Susie Pepper and Travis Grant.

University of New England's Residential Education and Housing's “Caught Being Good!” Campaign!

Are random acts of kindness your thing?
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This program is meant to reward those members of our community who choose to make the right choices on a regular basis. You may just find yourself receiving a “Norman Dollar” for a kind act. So continue to do the “good” that you do! It's time to recognize that we are a community of good people! It's time to get “Caught Being Good!”



SAVE YOUR NORMAN DOLLARS! THEY WILL HELP YOU TO WIN AMAZING PRIZES AT THE “CAUGHT BEING GOOD!” WRAP UP EVENT AT THE END OF THE SEMESTER! STAY TUNED FOR FURTHER ANNOUNCEMENTS ABOUT DETAILS!

Queer Maine: A Review

BY LAURA CARTER
Nor'easter Staff

On February 3, around seven in the evening, a Diversity Lecture Series Event was held in the St. Francis room. On this day, Brandon Hotham, third year student of the College of Arts and Sciences, presented his documentary: *Queer Maine: An examination of how queer assimilationists and radicals interact and coexist together in the state of Maine.*

Brandon Hotham, a double major in Psychology and English, collected observational data for roughly a year—directing, filming and editing this documentary all on his own. Before Brandon debuted his work, hot chocolate and cookies (courtesy of Sodexo) were set up so that the attendees could have some refreshments before the forty-five minute documentary was started. An introduction to the event was given by both Jennifer Tuttle and Holly Haywood. Both women had very positive things to say about Brandon and

his documentary, Holly Haywood even stated that "[Brandon] is committed to doing the right thing, and being a good person." When Brandon reached the podium to speak, he faced an audience of many familiar faces (faculty of UNE and friends from campus) as well as non-familiar faces. The room was full, and there were no empty chairs.

In his opening speech, Brandon gave a brief overview of the two psychological theories he used to start his research. The first theory he spoke of was the Homosexual Identity Development/Formation Model—with this theory he mainly focused on assimilation vs. separatism. The second theory was the In-group and Out-Group Theory, mainly focusing on ingroup favoritism and in-group diversity. In total, he collected over twelve hours of footage and interviewed five men, and seven women. The questions he asked these twelve people were based on the theories, but in general took a broad approach to

social and political topics. Overall, the largest issue talked about was marriage. Before pressing play, he told everyone that those who had already viewed the film were somewhat tense—but to not be tense and react as we normally would; that besides qualitative analysis, the film was meant to be fun/funny. The lights were then shut off, and deep breaths ensued as the film began.

Though it was said to be a forty-five minute piece, it didn't feel that long as someone sitting there watching it. It was put together very nicely, and edited really well. There were definitely some funny parts due to what the interviewees were saying in their responses to Brandon's questions. I thought that it was a very thoughtful film, and it came across very positively. It was nice to see both the assimilationist's view point as well as the radical's views. As a person who is not a part of any of the communities mentioned in the documentary, it was nice to learn more about what is going on in Maine



KYLIE GALLIANI, NOR'EASTER NEWS
UNE Student, Brandon Hotham, presents his documentary entitled (shorthand) *Queer Maine*.

in regards to that community. I was able to, by viewing this film, learn not only about this community, but about different types of people as a whole—which made viewing it a very wonderful experience, and I thoroughly enjoyed the film.

Overall, I would say that the showing of *Queer Maine* was a hit. There were no technical difficulties; the documentary was well edited and put together very nicely. In the end, everyone clapped

to applaud the overall success of the film, and of Brandon's hard work. After the applause ceased, there was a question and answer portion, where those in the audience could ask him a question about the experience or about the film itself. One person asked what he learned by doing this documentary and he replied, "That theories are just theories. They're malleable." I think that in regards to many things it is important to keep that in mind.

"Jam Out with the Jam Club"

BY DANIELLE CROPLEY
Nor'easter Staff

Do you want a place where anyone at UNE can go to play music? Well, now, it's that simple. According to cofounder Amanda Zannoni (other cofounder is Mike Anderson) basically ANY type of music is welcomed wholeheartedly at the meetings of the Jam Club. But what does it mean to "jam?" While some of us may think that "jamming" has something to do with our favorite childhood lunch of peanut butter, bread and some sort of fruit spread; it is, in fact, something different altogether. Zannoni defines jamming as "a time when a bunch of musicians come together and improvise with each other; basically making stuff up as they go along, but in a collaborative way." And that truly is what this club is all about: the jam.

Whether it's the love of it, the act of it, or the community of people with similar interests surrounding it, the jam is the heart and soul of this organization. Zannoni says that her goal for the club is to, not only make music, but to encourage music making, a positive space, and the education process surrounding music as well. Through this club, Anderson and Zannoni hope to connect people who are interested in music in a place where they can hang out and enjoy other's musical opinions. Both the meetings and activities of this club are, obviously, centered on music, and while the specific activities currently in the works are potentially going to have themes (like a Blues or rock night), the club meetings all focus

on jamming. Zannoni says that the idea is to "jam, and jam, and jam, till we can't jam no more;" but how did this club get started?

The idea of a music or "jam" club has been circulating like a melody throughout UNE for nearly a decade. However, Anderson and Zannoni were technically the first people who took on this task officially, and ambitiously conceptualized the Jam Club. After going through the necessary steps that go into forming a club at UNE, they finalized the details and created the club as of last semester. For the time being, the club is in the developmental stages of trying to reach out to the student body and obtain a substantial amount of club members. To do this, Anderson and Zannoni have come up with a couple events to get the ball rolling, and the jam jamming.

Beginning in April, the Jam Club will be holding a kick-off event called "Fool's Jam" on the first of April, or April Fool's Day. This event will be held in the St. Francis Room that Friday night from 7-9PM. Zannoni also said there is another initial event in the works in which the Jam Club will be working with the Environmental Club. This event will help UNE observe Earth Hour through a bonfire put on by the two clubs, yet the details for this activity have yet to be finalized.

To get involved with the Jam Club, Zannoni says that it's simple. ANYONE can join. She says that whether "you play the guitar, piano, drums, flute, cello, bass, saxophone, xylophone, or if you just like to bang on pots and pans with a wooden spoon;" as long as

you want to join in with others making music, you're golden." It should also be made known that even if you don't play in instrument, everyone is still welcome to attend the meetings, watch, clap along to the beat, sing, or even try to pick up an instrument or two. The only rule surrounding the Jam Club is this: "No Jimi Hendrix during a Kumbaya jam." By this, Zannoni means that there will be no showing off in the group, especially when everything else is calm and acoustic, because everyone is equal. She wants everyone present to "respect the jam and the people jamming."

To join the Jam Club contact Anderson or Zannoni via email at manderson10@une.edu or azannoni@une.edu, (if you haven't already seen the posters around campus) to find out when the meetings will be held. Right now, the club is small and needs members to continue growing. Zannoni says "Everybody likes music...[through the Jam Club] not only will you be able to play as loud as you want, you'll be able to play with other people who want to add to your music in order to make it a beautiful thing in which whatever happens, happens." She says the point is to have an "unstructured environment where members can all create together, with no guidelines," because one of the coolest aspects of the Jam Club is that "there's so many people with a million different musical styles that can inspire and teach others." So, if you want to jam out with the Jam Club, get involved today; you never know where the music may take you!

Album Review

BY KATIE MCDERMOTT
Nor'easter Staff

Six Mafia.

I'll admit, the last thing I ever want to hear is yet another cliché song about hitting up the clubs, dancing until the break of dawn, and throwing up your hands like "you just don't care." The Top 40 over the past few months have lacked serious lyrical taste and originality. However, recently, DJ's all over the world have begun to realize that if you take the background bass and general beat from one song, and throw the chorus of another song that is of a completely different genre, the outcome could either become extremely excruciating to our eardrums, or, could come together to form an appealing and electrifying sound.

Milkman is a pseudonym for artist and DJ Gregg Lusk. As a freshman at University of California, San Diego, Lusk began experimenting with glitch/electronic music, and shortly after he began to create his own unique mashups. His first album, Lactose and THC, took only 13 months to record and was downloaded over 26,000 times since its release in January 2008. Circle of Fifths was released only a year after in March of 2009, followed by his latest album, Algorithms, which just dropped a few weeks ago on January 25th. Milkman began performing at local colleges, and almost immediately was performing shows from coast to coast. Now a highly regarded DJ, Milkman performs regularly with artists such as Kid Cudi and Three

is the latest of Lusk's creations, and completes the Milkman trilogy. It was the album that took the longest of the three albums to make, nearing almost 2 years to produce. Using songs from popular artists such as Ludacris, MGMT, Queen, Beastie Boys, Eminem, Justice, Michael Jackson, and The Notorious B.I.G., makes his album extremely diverse and nearly matchless. Similar to Girl Talk, which is a more renowned sound across college students today, Milkman uses songs and beats that can appeal to everyone if they give it a chance. Each track on the album exhibits constant fluidity from artist to artist, making it perfect music to dance to, work out to, or to simply blast in your dorm room for all to hear. Going from song to song, I was surprised each time to see which lyrics, bass, and background music that he pieced together. Not only does each track have incredible sound quality with a professional tone, all of Milkman's albums are completely free to download on his website. He makes it extremely easy and economically smart for every college student to be able to listen to. The universal sound of his music makes it simple for everyone to be able to enjoy and listen to. If you don't have this album on your computer already, you can download it at Milkman's official page: <http://milkmanmusic.net/>, which also contains his two previous albums and an EP.

OPINION

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LETTERS TO THE EDITOR

Nor'easter News welcomes letters to the editor.

Letters should not exceed 500 words and must be received by 5pm on the Wednesday before the next publication date (for specific dates, contact the opinion editor). The editors reserve the right to edit letters for length. Longer op-ed submissions of 500 to 1000 words may be arranged in advance with the opinion editor. Submit letters via e-mail to apowenski@une.edu.

One Heaping Bowl of Self-Esteem Issues



The new Dominick on "I Used to Be Fat."

COURTESY OF MTV.COM

BY LAURA CARTER
Nor'easter Staff

I have an issue with society today. When I say today, I don't mean that right at this very moment the clouds have opened up and a chorus of angels serenaded me the secret that society is slowly plummeting into somewhat of a foreboding death spiral. The only thing the clouds have done lately is dump several of inches of snow, sleet, and other mysterious forms of precipitation on our lovely section of Maine, but I digress; what I mean is today as in—my generation—our generation. The disintegration of classi-

ness has been snowballing for a while now. It has been a long time coming—maybe even since Paris Hilton let America see what goes on during one classless night, or something like that. The point I am trying to get to is: people like this are considered "role models." Wait, what? Having orange skin and a bit more alcohol and mixed drinks in their systems than their own blood makes them a role model? Oh, alright, I guess I get it—I just don't understand what is going on here.

For as long as I have been able to make my own conscientious decisions (about clothes, music, entertainment, etc) I have Please see *SELF-ESTEEM*, page 18.

never agreed with these "standards" that America seems to have fallen into. According to the media, the shows and the movies, even some of the music industry, I, as a 19-year-old female, should have at least some shade of toxic skin color and maybe a plastic surgery or two under my belt by now (or perhaps even the desire to have one or both of those things). What is wrong with this picture? What is wrong with being the way we are?

What initially got me thinking about this was the new show on MTV "I Used to Be Fat." If you have never watched this show, it is usually a heart-warming experience. You feel really great for the people that are losing the weight and that they were able to work hard and do something that they wanted to achieve. I have watched the show a few times, and more so than be happy for these people (though I am) I find myself wondering: WHAT IS THIS WORLD COMING TO? The people featured on the show are so riddled with self-esteem problems it is just ridiculous. It is like MTV did a casting for people that absolutely hate themselves; literally. Everyone in the world has some level of problem like this, but what the show captures is borderline intense. I

UNE's Services of IN-Convenience

BY ROYALE HARDENSTINE
Nor'easter Staff

So, lately I've realized that there are some small things at UNE that have been getting on my nerves. Nothing major, I don't even care that half of the time when I walk places at night as soon as I pass under a light it turns off. Since I know at one point the creepy horror movie lights that set you up to be attacked by an ax murderer are trying to be remedied. It's also not that the parking lots aren't that clear, or the ice isn't always taken care of immediately because I know I would get sick of putting salt on ice all over the campus. And really, just because I'm too lazy or not paying enough attention while walking to avoid the ice and I almost slip (and die) then it's just me being dumb. However, there are three things in particular that I must complain about: one, the mail room service, two, Safe Ride, and, three, parking. So, I guess it's time that I stop being nice or pussy-footing around and get started.

I will begin with the mail room. By saying that, I completely understand that the hours of the employees there will defi-

nately not always jive with the times I would like to get my packages. Also I must admit that when I check my mail at 11 o'clock at night, of course, there will be no one working there. But, when I saunter into the mail room at one in the afternoon, hoping to retrieve the flowers I'm almost positive wilted over the weekend, I'm thinking there has got to be someone there; but, alas, no. (This is why I must now give a shout out to the wonderful people who work in the office next to the mail room who get my packages for me, when the mail room attendants are nowhere to be found. Thank you so much!) From what I understand the mail room (this is the mail room in East I'm talking about, I'm not sure how everyone else does) should be open from approximately nine to four. Last time I checked that is not a very difficult work study job, so keeping hours there should be pretty simple. I mean, I go to my work study job when I'm supposed to, and there are consequences if I don't go. So shouldn't there be similar consequences for people who can't sort some mail and then sit behind a counter and wait for people to come get said mail? Not

that I know exactly what all goes into this job, but in my opinion it doesn't seem that dreadful; maybe dreadfully dull and boring, at best. All I'm asking is that some hours are posted at the mailroom so that I know when I should drop by and get the things that don't fit in my mail box. Also that if there are hours posted, the people who work there, would actually be in the mail room at their assigned time. It's not that hard to be responsible and act like an adult; just fill your obligation and do your job.

My next complaint is about Safe Ride. Like I said, for the most part the drivers are nice and listen to some pretty awesome music (I clearly remember rocking out to The Who one night). However, I feel like the system is a little screwy. My first complaint is the stopping at certain locations and doing a certain route idea. For those of you who weren't around last year, what one would do for a Safe Ride is literally call for a ride, and someone would come pick you up. My beef with this new system is that if I truly felt unsafe, and like someone was going to kidnap me or something, the last thing I'm going to do is stand at a sign and hope that my

Please see *SERVICES*, page 17.

Life is NOT About Gold Stars



A gold star.

COURTESY OF STRIVENATIONAL.ORG

BY DANIELLE CROPLEY
Nor'easter Staff

A recent internet search led me to this quote by Robert Townsend, in which he said, "If you shoot for the stars and hit the moon, it's okay, but you've got to shoot for something; a lot of people don't even shoot." Townsend was right in every way except for the fact those who don't shoot shouldn't expect a star anyway. Our generation has developed an increasingly popular mentality of expecting a reward for doing absolutely nothing, and, honestly, it's getting increasingly ridiculous.

No, we don't all have this idea in our heads that we're going to get what we want when we want it, but a lot of people do. A few too many if you ask me. Like Townsend said, it's cool to set goals, shoot for the stars, and take pride in your accomplishments. However, if you don't do the work, you don't have a right to the reward; or the right to complain. This place called UNE is not an institution established because we all just goofed off and got credit for it. This place became an institution because people did work, and did a good job. This isn't rocket science people, so get off your high school high horse and catch up with the rest of us.

When it comes down to it, this work and reward system is not a matter of doing better, it's

a matter of doing, at all. Who thought it would be a good idea to just hand us whatever we wanted, to just pat us on the head till our tails wagged, to give us the world when we aren't even grateful for it? Well, clearly this person wasn't thinking at all because they've created a generation of whiny, impatient, lackadaisical people who expect A's on everything they put their name on and want a treat for every trick they perform. (News flash kids, this is the big leagues now. Your mommies aren't here to change your diapers and you've got to take notes yourself—they're not going on Blackboard.)

Okay, so maybe this is a little harsh, but it's the truth. I know that everything I do is not going to get the coveted "A." I know that I'm going to get a hand cramp or two from taking notes for three hours or staying up till two translating some dead language or chemical formula. Yet, what I don't understand is why hasn't this gotten into other's heads? You can't tell me that people didn't warn you that college would be work. (Did you get that? WORK! Yeah, that's right; I just wanted to make sure you got it.) College is work, education is work, and your life, yup, that's going to be work too. Hard work that you're not going to like, and sometimes, you're not even going to do that well. I'm not a negative person; I just know the difference between reality and

fantasy. Those influential people from your pre-collegiate lives created this nonsensical world you now live in and while I understand that it's not necessarily your fault, you're the one that has the ability to change it, if you want to put the effort in that is.

The fact of the matter is, if we don't start repairing the damaged foundation from our youth, the rest of lives are going to be spent as entitled brats with work ethics the size of a pea and attitudes the size of Oprah's bank account. I don't know if that's how you want to spend your future endeavors throughout the 21st century, but I certainly don't. I'm not going to let our degenerative generation turn me into a demanding, lazy moron, nor am I going to sit back and watch the collapse just happen. Unlike others, some of us are going to work hard until we get those A's, those words of praise, those gold stars. We're not going to let the forming stereotype of our generation infect the minds of our future educators, employers, and role models. We're not going to let you bring us down as we reach for our stars.

When it comes down to it, I don't want you to think that I'm bashing my cohort. Yes, our age group has its downfalls, but so did others. (Doesn't anyone remember the 70's flower children?) What I'm driving at here is that we can do better and settling for subpar work should not shape the people we plan on becoming. No, we may not all reach the end of the tunnel on the first try, and yes, we will all get lost from time to time, but isn't that the beauty of it? Isn't half of the adventure (maybe more) about the journey, not just about going from point A to point B? Maybe I'm wrong and our generation is perfectly equipped to continue on with the paths we've forged; but then again maybe we could all try a little harder on this next go around. Just something to think about.

Doesn't Patriotism Warrant a Day Off?

BY DEIDRE DICKER
Nor'easter Staff

I have to admit, I'm kind of ticked off. Just like November 11 last semester, February 21 came and passed us this semester in the same manner. Perhaps you are wondering what's so special about those dates. And I guess you can't really be blamed. It's not like the school celebrated them, after all. No, this school year, for the first school year of my life as an American student, both Veteran's Day and President's Day slipped by without any sort of recognition from UNE.

Because every other college and university that I am aware of took school off back in November for Veteran's Day, I'm having trouble understanding why we wouldn't. Does UNE care less about the people protecting America than the average school does? Almost every student here at UNE most likely has a connection with a veteran, whether they be a parent, sibling, spouse, grandparent, aunt, uncle, or friend. It is important to recognize the immensity of the sacrifices these veterans have made and the impact that these sacrifices have made on their families and friends so that we can be free to go to a private university and have the freedom to study to earn a degree instead of being repressed by our government and fearing or fighting for our lives every day. Can't UNE make the sacrifice of taking one day off from a busy schedule in return?

When President's Day arrived in February, I was disappointed to find that, once again, we Nor'easters ceased to celebrate another holiday that illuminates the significance of our national leaders and the thanks we owe them to the success of this country. As far as I could tell, the only thing that was done to acknowledge President's Day was the dis-

play of former and current president's portraits in the lobby of the campus center. Ketchum Library is connected to the George and Barbara Bush Center, donated to the university by a former president. The Bush family has a home in Kennebunkport, and George H.W. Bush made a point to visit UNE at the beginning of this school year. The University of New England is tied directly to a former president, then, but still the one day that celebrates these men passed this year, ignored.

This lobby to celebrate Veteran's Day and President's Day is not about getting a day off from classes. Though all students and, probably professors, too (don't worry professors, we promise not to tell), could admit that a long weekend would be very much appreciated and that it stinks to go to school on a day that everyone else in the country seems to have off; it is important to remember that these holidays are acknowledged nationally. Not just because we have to, but because they have been deemed to be important in the construction of America, as well as in the values and customs we, as a people of the country, revere. And, they are important because every person living in the United States, citizen or not, has been and is being affected by the changes and progress made both by veterans and presidents. We owe respect to these men and women. They have shaped our country. They are our protectors. They are our leaders. They are our neighbors. They are our family.

We are patriots. And to show our enthusiasm, our respect, our gratefulness, and our support, it seems like the honorable thing to do to take two days off from the school year at UNE to reflect on the selflessness and significance of these two very important groups of people: our United States Veterans and our United States Presidents.

SERVICES

CONTINUED FROM PAGE 16

ride will be arriving soon. Also I tend to think about how much gas is wasted with the Safe Ride van going in circles around campus seeing if there is anyone in various spots to pick-up. The old car method at least only went places when they were needed. While talking about this I have also heard that the vans are a bit confusing. There are a great deal of vans on campus from the sketchy ones that would do any candy-toting creeper proud, to the pristine white ones. Although Safe Ride does have a light on it, I have heard of people accidentally attempting to board a Facilities van, thinking

it was Safe Ride...that's awkward. Along with the confusing route system and appearance of the Safe Ride vans, there have also been cases that I've heard of and personally experienced of drivers leaving people who were walking toward the van behind. A group of us were literally running toward the van and as we arrived they pulled away. Now, if I were a driver I would find this exceptionally entertaining no matter how much of a jerk it would make me. However, if this is supposed to be a better alternative to the way it used to be, then I don't really see it. Can I personally think of a way to improve it, not really? I mean, I liked the old way, but maybe instead of the cars that could hardly fit people and

any things they may have with them, they could stick to the vans.

Finally I would like to talk about parking and I'm going to focus mostly on residential parking because I'm a resident. My main problem... HOW HARD IS IT TO PARK IN ONLY ONE SPOT? Really, you're stupid little VW Bug does not require two parking spots. But it's not just the people with the cute little cars, oh no! It's also the people with the giant gas-guzzlers that require about three spots to ensure that there is no way anyone will park close enough so their beautiful trucks magnificent paint job won't get a scratch. (This is when I really wish there was a font for sarcasm.) Now I understand that there is snow everywhere, and the spots

are hard to find when you really can't see the lines. That being said, parking half of a car's width away from the car next to you is clearly not the proper parking technique. We all got into college, so we all have some form of a brain; however, maybe those who can't park have just forgotten or lost them in their residence hall somewhere. My point... LEARN TO PARK! You had to be able to suitably park to pass your driver's test or at least I did! I can admit that I'm not always the straightest of parkers, but still; I know how to keep my car within the lines. There is one nice thing I have to say about parking though, to those of you who invent parking spots, I really admire your guts and creativity. Half of the times I

believe those are legitimate parking spots, and I would never do that for fear of getting a ticket.

So I guess that's about it. I don't like peoples' inability to park, the fact that Safe Ride is, well, not exactly safe, and the fact that the mail room is not always open when it would be socially acceptable for it to be. I'm sure there are plenty of other small things wrong around campus, and, really, I can survive here despite these things. I'll get over them during Spring Break, but in the mean time, I hope everyone else has a super-fantastic and safe break. Keep parking well my friends!

Voices in the Crowd: What are you doing for Spring Break?

BY DANIELLE CROPLEY
Nor'easter Staff



"Yeah...I think I'm going to Disney World...or whatever, with some people..."
-Jacob Wirth

"Scuba-diving and wind-surfing off the coast of Costa Rica."
-Francis Flisiuk



"Going home to spend time with my family and work."
-Tara Kaminski

"I'm going to be spending my vacation at my house relaxing with my family."
-Briana Farrell



The Opinion Question of the Issue:

"How do you feel about America's potential increase in involvement in Libya?"

Please email responses to dcropley@une.edu.

"I Don't Want No Scrubs"

BY LAURA CARTER
Nor'easter Staff

By the title of this, I am assuming that most of you will be thinking of the TLC hit 'I don't want No Scrubs' because—why wouldn't you? When I say "Scrub" I don't mean that dirt bag of a guy that's been trying to "holla at me" or whatever the line is from the catchy 90's tune, but the clothing that people of the medical profession are often seen wearing, especially the medical students of UNE. Scrubs—it's a show on T.V., it's a line in a song; it's the apparel of pompous jerks everywhere.

I shouldn't make such sweeping generalizations. Not everyone here at UNE who has donned a pair of scrubs or two is a jerk. My main issue is those select few who have a sense of entitlement; like wearing this sheet-thin, monochromatic, sterile uniform comes with the entire universe or something. I hate to break it to you—all of those who've purchased a pair with this in mind... IT DOESN'T. Though this is a more recent development in my strong dislike for arrogant left brained folks, I do have good reason.

A week ago, I was attending a meeting for one of the more "humanities friendly" academic-related clubs on campus. The room that the advisor had reserved was occupied by two medical students during the time that our club was to occupy said space. When the advisor arrived and politely informed them of the situation, one of the students sighed loudly like an angry toddler and slammed their laptop closed in a fit of angst. Though I do not know the age of this particular student, it is safe of me to assume that this person was well into their mid/late twenties and should know better (hopefully) by now how to act when one



COURTESY OF DOC.MO.GOV
Medical school scrubs.

does not get their way. I guess you can never be too old for temper tantrum. Anyway, after huffing and puffing, this medical student left and we were finally able to get our meeting underway. In the meantime (while Med Kid A was going into cardiac arrest because he had to move his books) Med Kid B snuck out quietly without a sound; Med Kid A had enough of an opinion for the both of them, I guess. As the commotion ended, I sat at my meeting disgusted at what unnecessary event had just taken place. I mean really? We're in college right? This then got me thinking—where has respect gone? Respect for others, respect for education, just overall respect in general.

I will channel my inner Aretha right now and say for the rest of the majors on this campus, "all I'm askin' for is a little respect." We all came to UNE to study what we wanted, and I feel like the rest of us who are not eating, sleeping and breathing the endocrine system or the tides effects on sediments should be given a tad more credit than what we do get. Okay, so as an English major I won't be ridding someone's

brain of cancer, or performing open heart surgery—but think of the other things that I will be doing that also effect peoples' lives. One day, I will be teaching all of your future children how to read, or, writing the novels that will be used in classrooms all across America. I will do things that will be important as well—just in a different way from yours. UNE may primarily be a science-based school, but the humanities departments matter, too.

Contrary to popular belief, being a humanities major isn't just sitting, locked in a room, thinking about life, being philosophical. We have real work (just like you), and papers and assignments that take just as many hours of dedication as all of your labs do. I have overheard on numerous occasions, and been told to my face several times, how easy the classes I take must be, how eighteen credit hours worth of thumbing through gold leafed pages of ancient literature is simple. I have friends who are science majors, or are in the health field, and I respect what they do. I don't constantly attack them with insult after insult about how what they're doing is meaningless and simple. I chose to go to school for English Literature. I plan on doing amazing things with my degree, and furthering my education after my undergraduate studies are complete. I know that I will never work with scalpels or conduct research in a laboratory—because I chose a different path for myself. For those of you in scrubs, remember that there are other people that attend this university, that there are other people who do meaningful things, and that you should respect that. Purchasing plastic wrapped clothing doesn't come with the world as a complimentary gift item, so stop thinking you own it.

SELF-ESTEEM

CONTINUED FROM PAGE 16

(unlike the people in the show) do not tend to stand in front of the mirror and forcefully grab my so called "problem" areas and cry (or sob) for at least a half hour. Which brings me to what I really want to know: why do these areas have to be a problem? Why can't curves be beautiful? When I was younger, I would look at Renaissance paintings and see full figured women being depicted as goddesses. Not just women—goddesses. When did society's views start to turn from practically worshipping curvaceous-ness to detesting anything over a size five?

Besides, who is society to decide what is beautiful? The cliché "beauty is in the eye of the beholder" statement is definitely something to throw out here; but

really. What is beauty? If being beautiful means I need to spend every waking moment poking and prodding at all of my imperfections, then count me out. I don't need that for myself. The constant struggle and desire for perfection is just too much of an effort for me, why would anyone put themselves through that? It must be exhausting trying to be so perfect, and for what? To appease some sort of imaginary made up definition of how to be. How should I be? Orange, with chemical white hair, collagen and botox and acid peels—oh my! I'll check no on that box; moving on.

Right about now, billions of girls are day dreaming about Bruno Mars because of the song that he wrote, "Just the way you are." But truly—gorgeous boy aside—he is very right. All of us are beautiful just the way we are. We don't need some sort of strict code of invisible rules that society pigeon-

holes us into. We are all individuals and beautiful in our own way. Sometimes, throughout life, it is hard to keep up a cheery disposition (we all have our moments), but there is no need to feel down about how you look or the size of your clothes. As people, we are all unique; we like different things, we dress different ways. Be who you are, do whatever you choose, and [insert here] more words and lines that make up other cliché sayings that your mom would tell you.

I don't know what I am going to be doing in thirty years, or twenty years, let alone twenty minutes. But I do know that if [we] keep going this way that more self-esteem problems are sure to be had. More people will grow up to loathe themselves, and one day, when I turn on my television "I Used to Be Fat—Season 37" will be on, and my reaction will still be the same.

PHOTO HIGHLIGHTS

Photo of the Issue!



Maine's beautiful wildlife.

TOM HINMAN, NOR'EASTER NEWS



Watches on display.

PERRI FINE, NOR'EASTER NEWS

What is it?



Outdoor Recreation.

TOM HINMAN, NOR'EASTER NEWS



PERRI FINE, NOR'EASTER NEWS

Last issue's "What is it?" was a picture of hula hoops. Check out the next issue for this issue's answer

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CARDIO CLUB Spring 2011 SCHEDULE

CLASSES START JANUARY 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
No Need to Sign Up Just Show Up!!	 Vinyasa Yoga 10:00-11:30 am Pettapiece MPR/RBC	No Experience Required			
Hard Core 3:00 - 3:45 pm RBC					
Strength & Conditioning 4:00-5:00 pm Pettapiece MPR/RBC	Ballet 4:00 - 5:00 pm RBC	Vinyasa Yoga 2:30-4:00 pm Pettapiece/RBC	 Ballet 4:00 - 5:00 pm RBC	Treading 3:00-4:00 pm Pool	AquAerobics** 3:00 - 4:00 pm Pool
 Kickboxing 6:00-7:00 pm Pettapiece MPR/RBC		Hatha Yoga* 4:00 - 5:00 pm RBC		FMI: E-mail Margaret mhutton@une.edu	
Zumba 7:00-8:00 pm Pettapiece MPR/RBC	Boot Camp 6:00-7:00 pm Pettapiece MPR/RBC	Zumba 5:00-6:00 pm Pettapiece MPR/RBC	Boot Camp 6:00-7:00 pm Pettapiece MPR/RBC		
	Jazz 7:00 - 8:00 pm RBC	Treading 7:00-8:00 pm Pool	Kickboxing 7:00-8:00 pm Pettapiece MPR/RBC		

PLEASE CHECK ROOM SCHEDULE AS LOCATIONS DO CHANGE.
RBC = Racquetball Court
MPR = Multi-Purpose Room

*Hatha Yoga starts on February 2

**Another AquAerobics class will be coming in March